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7 Why are emotions important?

VOCABULARY

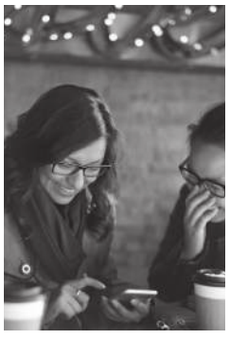
Feelings

1 ☆ **Complete the adjectives with the correct vowels. Then complete the chart with the adjectives.**

1 r i d i c u l o u s
2 gr _ t _ f _ l
3 h _ rt
4 d _ wn
5 gl _ d
6 p _ _ c _ f _ l
7 _ ns _ c _ r _
8 _ m _ s _ d
9 _ _ g _ r
10 _ nn _ y _ d
11 h _ p _ f _ l
12 thr _ ll _ d
13 s _ t _ sf _ _ d

Positive	Negative

2 ☆☆ **Circle the correct options.**



1 Please don't post that photo. I look *peaceful* / *ridiculous*!
2 What did you do? Why is Emily so *annoyed* / *grateful* with you?
3 Marcos needs your help. He's feeling *glad* / *insecure* about his class project.
4 If they knew it was raining, they wouldn't be so *amused* / *eager* to go out.
5 My math teacher isn't *satisfied* / *hopeful* with my work. She thinks I can do better.
6 Kathy's *thrilled* / *down* because she's getting a new phone.

3 ☆☆ **Complete the sentences with correct adjectives from Exercise 1.**

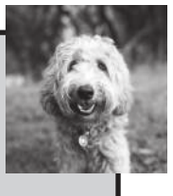
1 Lucas is _____hurt_____ because you didn't invite him to the party. You should say you're sorry.
2 I'm so _____ you called because I wanted to ask you something.
3 I like studying in the backyard because it's so _____ – all you can hear are the birds singing.
4 Liam's feeling _____ because his best friend has just moved to Germany.
5 The teacher wasn't very _____ with my joke, so she gave me extra homework.
6 We're taking a big risk, but we're all _____ that everything will turn out well.

4 ☆☆☆ **Write a sentence describing how you would feel if these things happened to you. Explain why. (See the *Learn to Learn* tip in the Student's Book, p83.)**

How would you feel if …

1 you had to make dinner for your family?
2 one of your relatives gave you some money?
3 a friend of yours told you she was moving to another city?
4 your teacher told you that you had an exam tomorrow?
5 you remembered it was a holiday while waiting for the school bus?

Explore It!



Guess the correct answers (choose two options).

Dogs can recognize whether a human is angry or happy by … .

a their facial expression
b the words they use
c the tone of their voice

Find another interesting fact about an animal that can recognize human emotions. Write a question and send it to a classmate in an email, or ask them in the next class.

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READING

A Magazine Interview

1 ☆ **Read the interview. Is this sentence true or false?**

Mindfulness doesn't help students with their exams.

2 ☆☆ **Look at the underlined words in the interview. Use them to complete the sentences.**

1 I can't *concentrate* if you keep talking. You're getting on my nerves.
2 Humans have five _____: hearing, sight, taste, smell, and touch.
3 Santiago improved his _____ in tennis with practice.
4 Dr. Morgan has done many _____ about stress.
5 That car has a very _____ engine. It's the fastest car in the world.
6 The doctor told my dad that if he _____ his weight, he'll be healthier.

3 ☆☆ **Read the interview again and circle the correct options.**

1 Jeremy Parker says that *concentration* / *mindfulness* can stop people from having negative feelings.
2 Mindfulness teaches us to pay more attention to *the present* / *difficult situations*.
3 Meditation is used to *control our feelings* / *make us happy*.
4 When we're depressed, *we sometimes make ourselves* / *other people sometimes make us* feel even worse.
5 Cognitive therapy *studies how mindfulness works* / *can teach people to understand their feelings*.
6 Safari Walk is *not difficult to learn* / *especially good for children*.

4 ☆☆☆ **Answer the questions so they are true for you.**

1 What do you do when you feel down or insecure?

_____

2 Would you like to learn more about mindfulness? Why / Why not?

_____

_____

Mindfulness for Students

Sometimes you're worried and insecure about everything, and you can't concentrate. These feelings affect your personal life and your schoolwork and can sometimes get worse. The psychologist Jeremy Parker (and many other experts) suggests using mindfulness.

What is mindfulness?

Mindfulness is a very powerful tool or technique that helps people concentrate more on the here and now. It helps you stay calm in difficult situations, which you often create for yourself. The technique teaches you to practice breathing and uses meditation to calm you down and understand your feelings and thoughts.

How does mindfulness help?

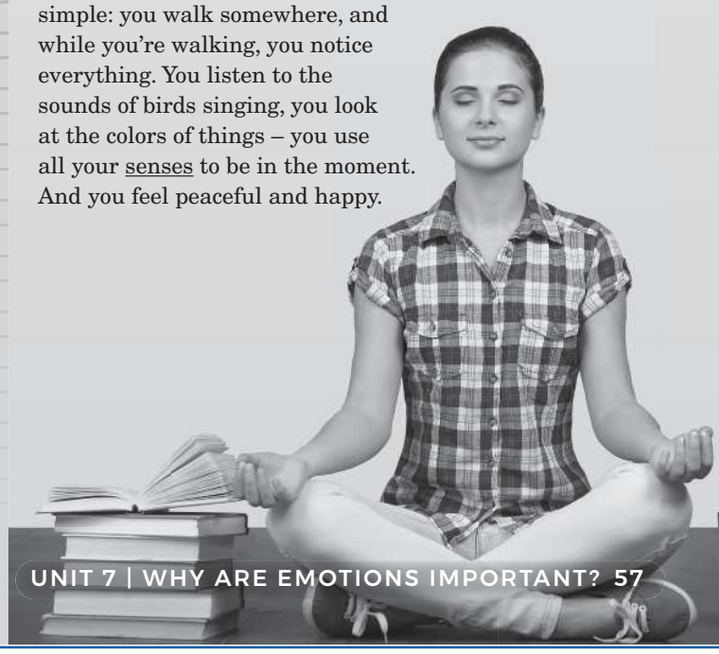
Everyone has times when they feel down or they feel hurt for some reason. Your mind is full of negative feelings, and there's a voice inside you telling you that you're a failure or that you're useless. Through meditation, you learn not to listen to that voice and after a time … the voice stops. So you stop worrying about things so much, and you avoid thinking those negative thoughts.

What is the science behind mindfulness?

There's an area of psychology called "cognitive therapy" that helps people understand how they are thinking and change it. Mindfulness is based on this, and many studies show that it works. One study, for example, showed that meditating before an exam helps you get better grades. Another study shows that it reduces stress and worry.

Can you give an example of a mindfulness activity?

There's a simple activity called "Safari Walk." It works for children, adolescents, and adults, and it's very simple: you walk somewhere, and while you're walking, you notice everything. You listen to the sounds of birds singing, you look at the colors of things – you use all your senses to be in the moment. And you feel peaceful and happy.



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GRAMMAR IN ACTION

Gerunds and Infinitives (with *to*)

1 ☆ **Circle the correct options.**

1 *Getting* / *To get* lost on the way to school is not normal.
2 It's important *taking* / *to take* advantage of the opportunities you are given.
3 George says he enjoys *cooking* / *to cook*, but he doesn't have time.
4 I tasted the sauce *checking* / *to check* if it was too spicy.
5 She decided not *to wear* / *wearing* her new boots to the party.
6 I'm annoyed about *to lose* / *losing* the game.

2 ☆☆ **Complete the conversation with the correct form of the verbs in parentheses.**



MAE [1] *Going* (go) to that mindfulness class was a great idea.

ISA Yes, it was. I'm eager [2] _____ (try) it. I'd like [3] _____ (learn) a few more of Dr. Fraser's techniques.

MAE Well, first he told us to practice [4] _____ (breathe) … like this.

ISA Don't forget [5] _____ (hold) it for a few seconds.

MAE I feel a bit ridiculous, but after [6] _____ (do) it a few times, I know I'll feel better.

ISA [7] _____ (learn) something new is always a little strange at the beginning.

MAE I suppose it is. He suggested [8] _____ (try) it at home on our own before the next meeting.

ISA OK, I'm going home [9] _____ (practice). I'll send a message later [10] _____ (tell) you how it's going.

3 ☆☆ **Complete the sentences with the correct form of the verbs in the box.**

bring hear look ~~take~~ win write

1 After an hour of studying, I stopped *to take* a short break.
2 I'll never forget _____ the championship last year – I was so thrilled.
3 I remember _____ a strange noise, and then all the lights went out.
4 John didn't do his homework because he forgot _____ it down yesterday.
5 Rania stopped _____ at her phone to listen to the news.
6 Did you remember _____ a sandwich to school today? We have an extra class.

4 ☆☆ **Match the sentences with the correct meanings.**

1 I stopped to talk to Matt. — a I stopped what I was doing to talk to Matt.
2 I stopped talking to Matt. — b I don't talk to Matt anymore.
3 I forgot to call Lisa. — c I don't remember calling Lisa.
4 I forgot I called Lisa. — d I didn't call Lisa.

5 ☆☆☆ **Answer the questions so they are true for you. Write full sentences.**

1 Do you enjoy swimming in the ocean in the summer? Why / Why not?

_____

2 What did you forget to do last week?

_____

3 Which sport would you be interested in learning to play?

_____

4 What do you hope to do when you finish school?

_____

5 What things have you stopped doing since you were a child?

_____

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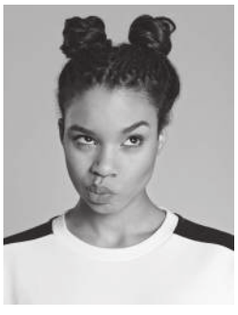
VOCABULARY AND LISTENING

Expressions with *Heart* and *Mind*

1 ☆ **What word goes on the back of these flashcards? Write *heart* or *mind*. (See the *Learn to Learn* tip in the Student's Book, p86.)**

1	put his _____ into it	heart
2	learn something by _____	
3	have something on your _____	
4	break someone's _____	
5	it crossed my _____	

2 ☆☆ **Complete the text with one word in each blank.**



Making decisions is the hardest thing in the world. I just can't [1] make up my mind whether I want this or that. And then, when I've made a choice, I often have doubts. I'll have the decision [2] _____ my mind for days. Suddenly, it [3] _____ my mind that the other choice might be better, and I think maybe I should [4] _____ my mind. And when it's something that involves other people, I have to [5] _____ in mind what other people think. Maybe you should choose for me!

3 ☆☆☆ **Answer the questions.**

1 What was the last thing you had to learn by heart?

2 What do you do when you can't make up your mind about something?

3 Who do you talk to when you have something on your mind?

A Conversation



7.01 **4** ☆ **Listen to the conversation between Jack, Amy, and Valerie. What does Jack decide to do?**

7.01 **5** ☆☆ **Listen again and answer the questions.**

1 What will Jack have to do soon?
He'll have to take exams.

2 What does Valerie do after school?

3 Why does she do it?

4 What does Amy do?

5 How did she feel at the beginning?

6 Why don't Valerie and Amy support Jack's decision?

6 ☆☆☆ **Write about something you do after school. What do you do? Why did you decide to do it? What do you like about it?**

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GRAMMAR IN ACTION

Subject and Object Questions

1 ☆ **Complete the subject questions with *Who* or *What*.**

1 **A** *Who* decided to buy this ridiculous present for Alejandro?
B It was Flavia.

2 **A** _____ changed your mind about the T-shirt?
B The price.

3 **A** _____ made such a deafening noise?
B It was thunder.

4 **A** _____ wants to learn all those names by heart?
B Nobody.

5 **A** _____ enjoyed the concert the most?
B Emilio did.

2 ☆☆ **Put the words in the correct order to make questions.**

1 you / exams / do / about / feeling / How / avoid / nervous / ?
How do you avoid feeling nervous about exams?

2 the / crossed / when / mind / your / drone / you / What / saw / ?

3 decide / to / shopping / did / with / you / go / Who / ?

4 get / is / soccer / to / game / going / at / Who / bored / a / ?

5 you / annoyed / about / did / get / What / so / ?

3 ☆ **Match the answers a–e with the questions from Exercise 2.**

a My sister. She hates going to the stadium. ☐
b I thought it was a bird! ☐
c The computer – it stopped working! ☐
d Leandro came with me. I bought these jeans. ☐
e Mindfulness helps me avoid feeling nervous. 1

4 ☆☆☆ **Complete the interview. Write questions with *Who* or *What* and the words given.**

A discover / your amazing ability?
[1]*Who discovered your amazing ability?*

B My coach, Alison. She saw me playing one day and told me she'd like to be my coach.

A You used to play soccer, but now you play tennis. make / you / change / your mind / ?
[2] _____

B I enjoyed them both, but I had to make up my mind, and I just loved playing tennis.

A It hasn't been easy for you. support / you in the difficult times / ? [3] _____

B My family – they're amazing.

A inspire / you / ? [4] _____

B I really admire Rafael Nadal.

A Now you're number one in your country. it / feel / like / ? [5] _____

B It's amazing. I'm thrilled.

A You always seem very calm. get / on / nerves / ?
[6] _____

B A lot of things, actually. I don't like doing interviews!

5 ☆☆☆ **Answer the questions so they are true for you. Write full sentences.**

1 What do you often get annoyed about?

2 Who calls or sends you messages every day?

3 Among your friends, who plays a musical instrument?

4 Who made dinner at home last night?

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WRITING

An Email Reply

1 ☆ **Read the emails. Which piece of advice does Daniel not give?**

1 Find a good teacher. ☐
2 Buy an expensive guitar. ☐
3 Borrow a guitar. ☐
4 Watch videos. ☐

TO: Daniel
FROM: Monica

Hi Daniel,

Josue told me that you took up the guitar this year. I'm hoping to learn how to play, too, but I'm not sure. Is it very difficult? Any advice?

All the best,

Monica

TO: Monica
FROM: Daniel

Hi Monica,

I'm so glad you wrote to me. Playing the guitar is fun, so [1] *I would recommend* learning it. It's difficult at the beginning, so [2] _____ find a teacher. My teacher was really patient, and he never got annoyed with me when I did something silly. Also, [3] _____ to borrow someone else's guitar for the first few weeks until you're sure you enjoy it. [4] _____, don't go out and buy an expensive guitar and then change your mind. Who wants to waste money like that?

You're probably eager to start learning songs, but first try to learn basic things like where to put your fingers. When you find a teacher, [5] _____ taking classes more often at the beginning? I took three classes a week to get a good start.

Online videos were really helpful, and I'm grateful to my teacher for suggesting that I watch them.

Anyway, good luck!

All the best,

Daniel



2 ☆☆ **Complete the email with the *Useful Language*.**

a Whatever you do
b it would definitely help to
c why don't you suggest
d ~~I would recommend~~
e it might be better

PLAN

3 ☆☆ **Write an email reply. Look at Laurie's email and think of pieces of advice.**

Hi,

I'm really insecure about my exam, and I'm feeling very nervous. Do you have any advice?

Laurie

Take notes on what you think she should and shouldn't do.

Do: _____

_____

Don't: _____

_____

WRITE

4 ☆☆☆ **Write your email reply. Remember to include your advice from Exercise 3, *Useful Language* phrases for recommending and suggesting (see Student's Book, p89), and reasons for your suggestions.**

CHECK

5 **Do you ...**

- say what Laurie should do?
- say what Laurie should not do?
- think the advice is useful?

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7 REVIEW

VOCABULARY

1 Find 12 more feelings adjectives in the word search.

R	B	E	A	G	E	R	F	O	L	P	S
I	V	S	N	L	C	V	U	H	U	R	T
D	G	A	N	A	Y	A	I	N	H	V	H
I	R	T	O	D	O	W	N	N	O	P	R
C	A	I	Y	F	R	B	S	J	P	K	I
U	T	S	E	D	T	V	E	U	E	Q	L
L	E	F	D	P	E	A	C	E	F	U	L
O	F	I	A	F	Y	E	U	W	U	K	E
U	U	E	S	C	H	F	R	R	L	J	D
S	L	D	A	M	U	S	E	D	F	U	P

2 Complete the expressions.

1 b_____ my heart
2 c_____ my mind
3 s_____ my mind
4 c_____ to my heart
5 m_____ up my mind
6 l_____ by heart
7 p_____ my heart i_____ it
8 h_____ something on my mind
9 b_____ in mind
10 c_____ my mind

GRAMMAR IN ACTION

3 Circle the correct options: gerund (*G*) or infinitive (*I*).

1 after verbs like *decide*, *refuse*, *hope* G I
2 after prepositions G I
3 to explain purpose G I
4 after verbs like *avoid*, *enjoy*, *suggest* G I
5 as the subject of a sentence G I
6 after adjectives G I

4 Complete the sentences with the correct form of the verbs in the box.

feel go help learn see waste

1 I enjoy _____ things by heart sometimes.
2 Edward is eager _____ with the preparations for the party.
3 Mindfulness can help you avoid _____ nervous.
4 I don't remember _____ to the hospital after the accident.
5 _____ time is very easy when you have a phone in your hand.
6 I connected these two cords _____ what would happen.

5 Complete the questions for the interview.

INTERVIEWER [1]When / you / start playing basketball / ?
_____
MATT When I was about seven years old.
INTERVIEWER [2]Who / teach / you how to play / ?
_____
MATT My dad. He loves basketball.
INTERVIEWER [3]Who / give / you your first basketball / ?
_____
MATT My coach, actually. Until then, I'd always played with my dad's ball.
INTERVIEWER [4]Who / be / your favorite player / ?
_____
MATT LeBron James, of course.
INTERVIEWER [5]What / make / you feel insecure / ?
_____
MATT Doing interviews. I never know what to say.
INTERVIEWER [6]Where / you / practice / ?
_____
MATT At school. We have a very good gym.



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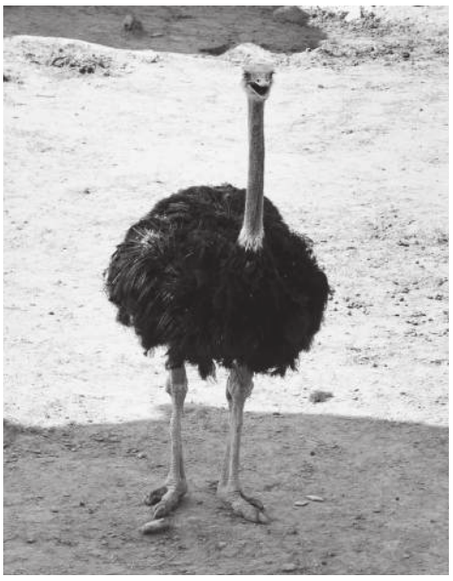
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CUMULATIVE GRAMMAR

6 **Complete the text with the missing words. Circle the correct options.**

Birds Come to Town



A small community called Broken Hill in New South Wales, Australia, has a problem. A group of emus – large Australian birds that can't fly – have decided [1]_____ in the town. It [2]_____ in the region for many months, and vets believe the birds [3]_____ be looking for food and water. [4]_____ along the main street of the town is [5]_____ strange. You can see the emus stopping to eat in yards. The vets in the area believe the birds [6]_____ food and water by local people, and now, of course, the emus aren't very eager to leave town. Bruce Wilson, a police officer in Broken Hill, says, "If it [7]_____, they wouldn't have come. But if people didn't give them food, they [8]_____. This isn't a natural place for them." Local people are afraid some of the birds [9]_____ by dogs. "What [10]_____ if an emu is killed by a car?" asked another neighbor.

1	a living	b live	c lives	d to live
2	a doesn't rain	b hasn't rained	c hasn't been raining	d isn't raining
3	a might	b can	c should	d had to
4	a To walk	b Walk	c Walking	d Walks
5	a too	b a lot	c extremely	d absolutely
6	a have been giving	b have been given	c have given	d are giving
7	a rained	b has rained	c will rain	d had rained
8	a wouldn't stay	b won't stay	c don't stay	d hadn't stayed
9	a are attacked	b will be attacked	c might attack	d attacked
10	a will happen	b had happened	c happened	d does happen

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