

## Exercises of Student's Book

### Lessons 3 and 4

#### Reading

1 Work in pairs. Do you ever get stressed? What kind of things make you feel stressed?

Students' own answer.

2 Read about how three people relax or deal with stress. Do you relax in the same ways as any of these people? Discuss with a partner.

Students' own answer.

#### Comprehension

4 Read the three paragraphs again and answer the following questions.

1 Complete the following table in your notebook using the information from the three paragraphs.

Zainab: a student; exams; prepares a well-organised revision timetable / gets enough sleep/ goes for a walk every day in the afternoon.

Andy: an employee in a bank; his job / travelling to work; goes for a run after work.

Waleed: a doctor; working long hours / making decisions; thinks about positive things that have happened.

2 In your opinion, which way of dealing with stress is the most useful among the ones mentioned in the three paragraphs?

Students' own answer.

3 What other types of stress can you think of? How do you think they could be dealt with?

Students' own answer.

### Speaking

5 Work in pairs. How do you relax?

A: I play sports and spend time with my friends to relax.

B: I read a book and bake cakes for my family.

Students' own answer.

### Vocabulary: Adjectives

6 Read the adjectives in the box. Which words have positive meanings and which ones have negative meanings?

Happy grateful worried stressed  
tense great confident upset

Answers:

positive: *happy, grateful, great, confident*

negative: *worried, stressed, tense, upset*

## Speaking

7 Read the adjectives from the box again. When do you experience these feelings?

A: I feel tense when I have a big project.

B: I feel worried when I am late.

Suggested answers:

A: I feel great when I have worked hard on a project.

B: I feel upset when I don't remember to say 'thank you'.

## Writing

8 Write two paragraphs about two activities you and your family do together to relax.

Students' own answer.