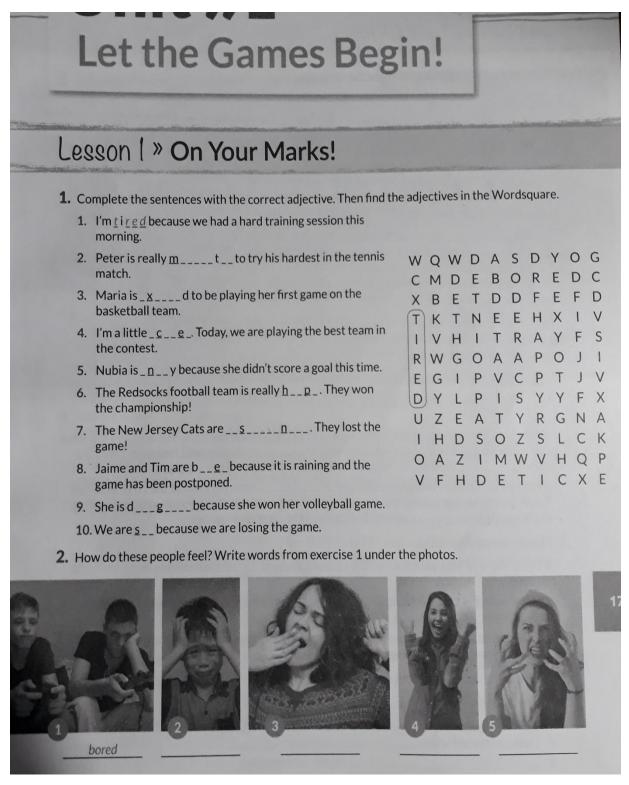
EXERCISE: THE ADJECTIVE AND YOUR GRADE.



Le	sson 2 » Fair Play
1. F Zahra drean accido she co disap But, li a spo deter day a she b In 20	All the biography and complete the summary. Life Memati is a 31-year-old Iranian woman who practised Taekwondo and the Olympics, but in 2003 she was in a serious can but in 2003 she was in a serious and the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious can the olympics, but in 2003 she was in a serious and excited the serieus the olympics, but in 2003 she was in a serieus and the olympics, but in 2003 the olympics, but in 2003 she was in a serieus and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was in a serieus and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2003 she was and the olympics, but in 2003 the olympics, but in 2004 the olym
Za th ve At	Nemati really is arready is arready is arready in a car accident. She was very sad af hra is an Iranian sportsperson who was <u>paralyzed</u> in a car accident. She was very sad af e accident, especially as she could no longer <u>P</u> Taekwondo. However, Zahra is a ry <u>P</u> woman, so she soon decided to start a new sport – archery. The 2012 London Paralympics she won a <u>P</u> in archery and at the 2016 Brazili ralympics she was chosen to <u>P</u> her country's flag at the opening ceremony. The de her feel <u>P</u> and excited. What an inspirational woman!
2. Cł 1.	Motivation / Motivated really helps people succeed. To feel motivation / motivated
	When some people feel irritation / irritated , they find it hard to hide their irritation irritated . Sometimes when my football team loses I get angry / anger. My angry / anger does for long, because I know they tried their best.
. Co	nplete the sentences about yourself.
1.	The last time I felt sad was
	When I I couldn't hide my excitement.
	I was concerned when

Check Your Progress

Choose the correct option.

	Which one is <u>not</u> a source of stress? a. parents getting divorced b. not having enough time c. having high marks d. parents losing their jobs	6.	 Which one can be an assertive response to: 'Shut up!'? a. Close your mouth! b. Can you please be quiet? c. Please, shut up! d. Silence
	Which one is <u>not</u> a symptom of stress? a. horrible feeling in your stomach b. sweaty hands c. no appetite d. sleeping well	7.	Which one can be an assertive response for: 'I can't, I'm busy'? a. Forget it! b. No.
3.	 Which one is <u>not</u> a possible help for stress? a. meditating b. praying c. thinking about the problem d. appreciating nature 	8.	 c. I'm sorry, but I can't. I have to help my mum. d. No way! Choose an assertive negative response to an invitation to the cinema.
4.	Which one is a way to care for other people? a. forgetting their birthday b. keeping in touch		 a. No way! b. No, I can't. c. Thanks, but I'm afraid I can't. d. Are you crazy?
5.	c. not sharing time with them d. not listening to them Which one is an example of assertive communication? a. Hey! Close the door! b. Shut up! c. Could you help me, please? d. I can't, I'm busy.	1	 Which one is NOT a compliment? a. You can do it better. b. You are so smart. c. I love the way you dance. d. You're so good at painting. 'You are one of a kind' is a. an invitation. b. an excuse. d. a compliment.

sertive response