

1. Complete the text with *was/wasn't* or *were/weren't*.

My Blog!



There used to be a lot of bullying at my school and nothing ¹ was done to stop it. I used to have only one friend at school, Simon, and we ² were bullied a lot. I ³ was so scared that I never played football at lunch times and some days I was able to go to the toilet by myself. It ⁵ was really bad!

Then, one day our school introduced this amazing new bullying prevention program called KiVa. It ⁴ was developed in Finland by expert psychologists. The results from their research showed that most bullies behaved badly to get attention from the people watching, who in most cases, ⁷ were helping the victims, but ⁸ was making the problem worse by laughing and encouraging the bully. So we ⁹ were given KiVa classes where we ¹⁰ were shown how to be more empathetic and given strategies and ideas about how to stop bullying. KiVa doesn't focus on the victim, or the bully, but instead it empowers the person watching so they can stop bullies.

Now I am really happy. Ignoring or laughing at bullying is no longer accepted at my school. Last month I ¹¹ was being bullied by another student and three classmates stopped him. With their support, he ¹² was allowed to continue bullying me. It's great, I don't feel scared, so I'm happy at school.

2. Use the words in the box to complete the letter from a coach to his team.

dedication
energetic
hard work
success
teamwork

Hi Team,

First of all I want to congratulate you all on winning the Peterson's Basketball Trophy last night. What an ¹ energetic game!

I admired the way you played together and showed great ² TEAM WORK.

It has been twelve long months of training. Thank you for your

³ DEDICATION, not everyone can show that much commitment.

^{ON} And of course I really appreciate all your ⁴ HARD WORK. It hasn't been easy, but as I am sure you will all agree, it was the main reason for your

⁵ _____ last night.

Coach Pedro Ramirez

