

Check Your Progress

Choose the correct option.

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

Lesson 2 » Fair Play

1. Read the biography and complete the summary.

Life

Zahra Nemati is a 31-year-old Iranian woman who practised Taekwondo and dreamed of competing in the Olympics, but in 2003 she was in a serious car accident and was left paralyzed. She couldn't stand, she couldn't jump and she couldn't practise Taekwondo anymore. This made her feel both sad and disappointed because she couldn't continue to practise the sport she loved.

But, like many athletes, Zahra had plenty of motivation and decided to try a sport she could do in a wheelchair - she began to practise archery. Now, she has achieved more than ever to compete at the Olympics. Zahra trained every day and was selected to represent Iran at the 2012 London Paralympics. There she became the first Iranian woman to win a Paralympic gold medal.

In 2016, Zahra carried her country's flag at the Brazilian Paralympics in recognition of her incredible achievements. As she led the Iranian team into the Paralympic stadium everyone could see the excitement and happiness in her face.

Zahra Nemati really is an amazing person and an inspiration to the rest of us.



Zahra is an Iranian sportsperson who was paralyzed in a car accident. She was very sad after the accident, especially as she could no longer practise Taekwondo. However, Zahra is a very motivated woman, so she soon decided to start a new sport - archery.

At the 2012 London Paralympics she won a gold medal in archery and at the 2016 Brazilian Paralympics she was chosen to carry her country's flag at the opening ceremony. This made her feel pride and excited. What an inspirational woman!

2. Choose the correct option.

1. Motivations/ Motivation really helps people succeed. To feel motivation / motivated you need to set realistic goals.
2. When some people feel irritation / irritated they find it hard to hide their irritation / irritated.
3. Sometimes when my football team loses I get angry / anger. My angry / anger doesn't let me hang, because I know they tried their best.

3. Complete the sentences about yourself.

1. The last time I felt sad was last Friday because I thought I could not continue training.
2. When I won the award I couldn't hide my excitement.
3. I was very angry when I lost my evaluation.
4. When I do something right I really motivate me.

Let the Games Begin!

Lesson 1 » On Your Marks!

1. Complete the sentences with the correct adjective. Then find the adjectives in the Wordsquare.

- I'm tired because we had a hard training session this morning.
- Peter is really motivated to try his hardest in the tennis match.
- Maria is excited to be playing her first game on the basketball team.
- I'm a little sad. Today, we are playing the best team in the contest.
- Nubia is angry because she didn't score a goal this time.
- The Redsocks football team is really happy. They won the championship!
- The New Jersey Cats are disappointed. They lost the game!
- Jaime and Tim are bored because it is raining and the game has been postponed.
- She is delighted because she won her volleyball game.
- We are sad because we are losing the game.

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

2. How do these people feel? Write words from exercise 1 under the photos.



sad



sad



tired



happy



angry