

EXERCISES

1. Read the dialogue and observe the verbs in bold

Juliet: Last week, we **went** to the museum and I **saw** some beautiful paintings. It **was** fantastic!

Michael: Yesterday, we **visited** the Parque Explora Aquarium. We **saw** some incredible animals. It **was** terrific!

Mariana: In March, we **went** to Guatapé. We **climbed** to the top of the Peñol Rock. It **was** a hard climb, but the views **were** awesome!

Kevin: We **went** to the sports stadium last month and we **watched** a volleyball match. The players **weren't** very good, so it **was** a bit boring.

John: In 2016, we **went** to the theatre to see a dance show. The dancers **made** some mistakes, but in general the show was fine.

Liliana: Last year, the school took us to the zoo and it was horrible! I saw a lot of spiders, and I think spiders are disgusting!

2. Read the students' comments in exercise 1. Complete the statements (1–6) and then answer the questions (a–b).

disgusting awesome fantastic fine boring terrific

Juliet
Last week, we **went** to the museum and I **saw** some beautiful paintings. It was ¹...!

Michael
Yesterday, we **visited** the Parque Explora Aquarium. We **saw** some incredible animals. It was ²...!

Mariana
In March, we **went** to Guatapé. We **climbed** to the top of the Peñol Rock. It was a hard climb, but the views were ³...!

Kevin
We **went** to the sports stadium last month and we **watched** a volleyball match. The players weren't very good, so it was a bit ⁴... .

John
In 2016, we **went** to the theatre to see a dance show. The dancers **made** some mistakes, but in general the show was ⁵... .

Liliana
Last year, the school **took** us to the zoo and it **was** horrible! I saw a lot of spiders, and I think spiders are ⁶... .

1. The visit to the zoo was ...
2. The experience in Guatapé was ...
3. Parque Explora was ...
4. The dance show at the theatre was ...
5. Juliet thought that her school trip was ...
6. Kevin thought that his school trip was ...

a. Who enjoyed the school trip?

b. Who didn't enjoy the school trip?

3. Read the blog. Decide if the statements (1–7) are true or false according to the information in the blog.

Assertive Communication & Positive Relationships

Assertive communication is an important social and communication skill. When you learn how to communicate assertively you **can** express what you need, want, feel or believe, in a calm and positive way. Assertive communicators speak honestly, but they are never aggressive or rude: they always respect other people.

This communication skill **can** reduce conflict, build your self-confidence and improve your relationships. Here are some tips on how to be an assertive communicator.

- a. Express negative thoughts and feelings in a positive way.
- b. Stay calm. Breathe normally, look the person in the eye, relax your face muscles and speak in a normal voice.
- c. Accept both criticism and compliments positively.
- d. Listen actively.
- e. Speak clearly.
- f. Remember that the other person is not your enemy, even if he or she doesn't agree with you.
- g. Learn to say 'no' when you need to.
- h. Use mobile technology carefully and be aware of its disadvantages.

Leave your comments:

- 1. it's possible to talk in a positive way about negative feelings.
- 2. It's OK to express our negative feelings when we aren't calm.
- 3. Only compliments are positive, criticism is always negative.
- 4. Both listening and speaking are equally important.
- 5. If you don't have the same opinion as someone, you can't be friends.
- 6. It's OK to say 'no'.
- 7. Mobile phones always have advantages.

4. Match the questions (1–5) with the replies I'd love to ..., but ...

...

- 1. Can you help me with my Science project, please?
- 2. Do you want to come to the cinema with me this afternoon?
- 3. Would you like a cup of coffee?
- 4. Are you coming to my party on Saturday?
- 5. Let's play football.

- a. I'm so sorry, but I can't come. We're going on holiday.
- b. Thanks for the offer, but I'm afraid I don't drink coffee.
- c. I'd love to help you, but I'm very busy at the moment.
- d. Sorry, I can't today. What about Friday?
- e. Thank you very much for asking, but I can't today.

5. Complete the article with the simple past form of verbs from the box.

• **be** • become • break • enter • give
• grow up • name • practice • start • win

Danny Way

Professional skateboarder

Danny Way is one of the most famous skateboarders in the world. He **1** **was** born and **2**_____ in Portland, Oregon. He **3**_____ skateboarding at the age of four. He **4**_____ skateboarding as much as possible, and soon he was very good at it. He **5**_____ his first competition at the age of 11, and surprisingly, the judges **6**_____ him first prize. Between 1986 and 2009, he **7**_____ many medals. The magazine Thrasher **8**_____ him the Skater of the Year— twice! In 2005, he **9**_____ the first person to jump over the Great Wall of China on a skateboard! But Danny has had some hard times, too. He gets injured a lot, and in 2008 he **10**_____ his back. But after 20 years, he's still skating.