

Listen to the conversation and do the exercises to practise and improve your listening skills.

Preparation: matching

Match the opposite adjectives and write a–f next to the numbers 1–6.

- | | |
|------------------|----------------|
| 1..... good | a. unlucky |
| 2..... lucky | b. untidy |
| 3..... always | c. noisy |
| 4..... quiet | d. bad |
| 5..... clear | e. unimportant |
| 6..... important | f. never |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

- Ben ...
a. doesn't study b. studies and does well. c. studies and doesn't do well.
- Ben usually studies ...
a. in the library. b. at home. c. in his friend's house.
- On Ben's desk there are ...
a. papers, books and pens. b. pencils, books and pens.. c. a pencil case and pens.
- Katy ...
a. has a break for thirty minutes. b. exercises for thirty minutes. c. studies for thirty minutes.
- When Ben studies ...
a. he doesn't take breaks. b. he has a break for two or three hours. c. he has two or three breaks each hour.

2. Check your understanding: grouping

Write the ideas in the correct group.

- | | | | |
|---|------------------------------|---|---|
| a. Study for two or three hours without a break | b. Get up and move your body | c. Stay in your chair when you take a break | d. Have lots of papers and books on your desk |
| e. Play loud music while you study | f. Take lots of breaks | g. Have a clear desk | h. Study in a quiet place |

| Good ideas | Bad ideas |
|------------|-----------|
| | |

3. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

| | | |
|-------|------|-------|
| good | body | quiet |
| three | legs | marks |

1. You always get good _____ at school!
2. I always do _____ things. Do you want to know them?
3. I usually study in my bedroom. It's very _____.
4. I move my arms and _____ and drink some water.
5. It's important to get up and move your _____.
6. Next time I think I can get _____ marks!