

Student's Book

Page 88

Ex. 3

1. C

2. A

3. D

4. A

Ex. 4

1. attitude

3. pointless

5. failure

2. fixed

4. essential

Page 89

Ex. 1

1. to know

3. making

5. Helping

7. helping

2. to develop

4. to increase

6. to say

8. to feel

Ex. 2

1. meeting

3. to set

5. to do

2. to take

4. using

6. meeting

Page 90

Ex. 1

a) bear in mind

e) learn by heart

i) break his heart

b) put my heart into

f) change my mind

j) close to my heart

c) crossed my mind

g) in two minds

d) make my mind up

h) I've got something on my mind

Ex. 3 and 4: your own answers

Page 91

Ex. 1

a) subjects

b) objects

c) Object

Ex. 2

1. do you do

3. sends

5. helps

2. teaches

4. do you put

6. happens

Ex. 3

1. taught

3. gave

5. did you watch

7. did Shakespeare write

2. did you eat

4. did they give

6. won

Ex. 5

1. does it do

3. told

5. did she use

2. gave

4. did your sister get

6. invented

Page 92

Ex. 3

1. the matter

4. anything I can do to help

2. very nice

5. all be OK, you'll see.

3. can imagine

Ex. 4

1. What's the matter?
2. That's not very nice.
3. I can imagine.

4. Is there anything I can do to help?
5. It'll all be OK, you'll see.

Page 93

Ex. 2

Janelle is asking for advice about her teenage daughter. A teenager called Abby is giving the advice.

Ex. 4

Underline the answers in the text.

Ex. 5

1. whatever you do
2. why don't you suggest joining
3. it might be better not to wake

4. I would recommend joining
5. it would definitely help to send

Page 94

Ex. 2

1. Introduction
2. Understanding other people
3. Enjoying hygge is for everyone

4. Learning with others builds a better society
5. Conclusion

Page 95

Ex. 3

1. b
2. b
3. b
4. a
5. b
6. a

Ex. 4

1. sadness
2. compulsory
3. individual
4. group

5. connected
6. unrelated
7. tricky
8. strengths

9. essential
10. straightforward

Page 96

Ex. 1

1. glad
2. peaceful
3. eager

4. ridiculous
5. thrilled
6. amused

7. grateful

Ex. 2

1. in two minds
2. changed my mind
3. learning; by heart

4. close to my heart
5. to make up my mind about/to make my mind up about

6. puts her heart into
7. something on my mind

Ex. 3

1. giving
2. to see

3. feeling
4. laughing

5. Keeping
6. to practise

Ex. 4

1. cooked
2. did you put

3. do you think
4. made

5. chose
6. did you get

7. gave
8. do you want

Ex. 1

- | | | | | |
|------|------|------|-------|-------|
| 3. e | 5. l | 7. h | 9. m | 11. n |
| 4. a | 6. t | 8. y | 10. i | 12. d |

A healthy mind is as important as a healthy body

Ex. 2

1. Alex never stops talking in class. / Megan refuses to speak during most lessons.
2. Sam hopes to stay in the city forever. / Hannah misses living in the countryside.
3. Charlie always forgets to put his notebook in his bag. / Sara always remembers to take all her books to class.
4. Jacob doesn't mind getting up early. / Olivia would love to get up late every day if she could.

Ex. 3

Blue: something crossed my (mind).

Red: close to my (heart).

Brown: change my (mind).

Pink: learn by (heart).

Orange: break somebody's (heart).

Purple: bear in (mind).

Green: in two (minds).

There are four heart expressions and four mind expressions.

Ex. 4

Who built the Pyramids? The Ancient Egyptians.

What did the Ancient Egyptians build? The Pyramids.

Who wrote Harry Potter? J. K. Rowling.

What did J. K. Rowling write? Harry Potter.

Who wrote Romeo and Juliet? Shakespeare.

What did Shakespeare write? Romeo and Juliet.

Who discovered gravity? Isaac Newton.

What did Isaac Newton discover? Gravity.

Who invented pizza? The Italians.

What did the Italians invent? Pizza.

Who invented the iPhone and the iPods? Steve Jobs.

What did Steve Jobs invent? The iPhone and the iPods.

Workbook

Page 60

Ex. 1, 2, 3, 4

VOCABULARY

1 2 grateful 3 hurt 4 down 5 glad 6 peaceful
7 insecure 8 amused 9 eager 10 annoyed
11 hopeful 12 thrilled 13 satisfied

Positive: grateful, glad, peaceful, amused, eager, hopeful, thrilled, satisfied

Negative: ridiculous, hurt, down, insecure, annoyed

2 2 annoyed 3 insecure 4 eager 5 satisfied 6 thrilled

3 2 glad 3 peaceful 4 down 5 amused 6 hopeful

4 Students' own answers

Page 61

Ex. 1, 2, 3, 4

READING

1 False

2 2 senses 3 technique 4 studies 5 powerful
6 reduce

3 2 the present 3 control our feelings 4 we sometimes
make ourselves 5 can teach people to understand their
feelings 6 not difficult to learn

4 Students' own answers

Page 62

Ex. 1, 2, 3, 4

GRAMMAR IN ACTION

1 2 to take 3 cooking 4 to check 5 to wear 6 losing

2 2 to try 3 to learn 4 breathing 5 to hold 6 doing
7 Learning 8 trying 9 to practise 10 to tell

3 2 winning 3 hearing 4 to write 5 looking 6 to bring

4 1 a 2 b 3 d 4 c

Page 63

Ex. 1, 2, 3

VOCABULARY AND LISTENING

1 2 heart 3 mind 4 heart 5 mind

2 2 in 3 crosses 4 change 5 bear

3 Students' own answers

Page 64

Ex. 1, 2, 3, 4, 5

GRAMMAR IN ACTION

- 1 2 What 3 What 4 Who 5 Who
- 2 2 What crossed your mind when you saw the drone?
3 Who did you decide to go shopping with?
4 Who is going to get bored at a football match?
5 What did you get so annoyed with?
- 3 a 4 b 2 c 5 d 3
- 4 2 What made you change your mind? 3 Who (has) supported you in the difficult times? 4 Who inspires / has inspired you? 5 What does it feel like? 6 What gets on your nerves?
- 5 Students' own answers

Pages 66+67

Ex. 1, 2, 3, 4, 5, 6

REVIEW

1

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

- 2 1 break 2 cross 3 two 4 close 5 make 6 learn
7 put; into 8 have 9 bear 10 change
- 3 1 I 2 G 3 I 4 G 5 G 6 I
- 4 1 learning 2 to help 3 feeling 4 going 5 Wasting
6 to see
- 5 1 When did you start playing basketball? 2 Who taught you how to play? 3 Who gave you your first basketball?
4 Who is your favourite player? 5 What makes you feel insecure? 6 Where do you practise?
- 6 1 d 2 b 3 a 4 c 5 c 6 b 7 d 8 a 9 b 10 a