

1A Be happy!

Vocabulary weekend activities  
Grammar question forms

**QUICK REVIEW Meeting new people** Talk to three other students. Introduce yourself and find out two things about each person. Then tell the class about one person you spoke to.

Vocabulary and Speaking  
Weekend activities

- 1 a Match the verbs in A to the words/phrases in B. Then check in Language Summary 1  
**VOCABULARY 1.1** p127.

<b>A</b> visit have go to  chat have do  meet up tidy up go to  do have go out	<b>B</b> a lie-in relatives concerts/gigs/festivals  a quiet night in yoga to friends online  museums/art galleries with friends the house/the flat  people round for dinner for a drink/meal exercise
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- b Work in pairs. Ask questions with *How often do you ... ?*, *When did you last ... ?* or *Do you ever ... ?* about the activities in 1a. Ask follow-up questions if possible.

How often do you visit relatives?  
About once a month.

When did you last have a lie-in?  
Last Sunday.

Do you ever go to gigs?  
Yes, sometimes.

Reading and Speaking

- 2 a Read the beginning of the article about happiness. How did the scientists make their top ten list?
- b Look at these reasons for happiness. Put them in order from 1–10 (1 = the most important).
- friends and family

● money

● being married

● helping others

● your genes

● being attractive

● growing old

● religion

● intelligence

● not wanting more than you've got
- c Work in pairs. Compare lists. Explain the order you chose.

THE SECRET OF  
Happiness

Many people think that being clever, rich and attractive is the best way to find happiness. But according to a report in *New Scientist* magazine, these things aren't as important as we think. A group of scientists examined hundreds of research studies from around the world and then made a list of the top ten reasons for happiness – and their list makes very surprising reading.

- 3 Turn to p112. Read the rest of the article and answer the questions.

Listening and Speaking

- 4 a Look at the photos of Fiona, Maxie and Caroline. What makes them happy, do you think?
- b **CD1** 1 Listen and write two things that make each person happy.
- c Listen again. Answer these questions.
- 1 How often does Fiona teach yoga classes? *Three times a week.*

2 What is Fiona's son doing at the moment?

3 What did Fiona do last Sunday?

4 How many songs has Maxie written?

5 What did he put on YouTube last month?

6 How many countries has he been to?

7 Who does Caroline go to art galleries with?

8 What makes her husband happy?

9 Who visits them most weekends?



Fiona

Maxie

Caroline

HELP WITH GRAMMAR Question forms

5 a Match questions 1–4 in 4c to these verb forms.

Present Simple 1 Past Simple  
Present Continuous Present Perfect Simple

b Write questions 2–4 from 4c in the table.

question word	auxiliary	subject	verb	
How often	does	Fiona	teach	yoga classes?

c Look at questions 5–9 in 4c. Answer these questions.

- Is the question word the object or the subject in each question?
- Why don't questions 8 and 9 have an auxiliary?

d Find two questions in 4c which have a preposition at the end.

e Check in GRAMMAR 1.1 p128.

6 Fill in the gaps in these questions with *do*, *are*, *have*, *did* or – (= no auxiliary).

- Whereabouts do you live?
- How long \_\_\_\_\_ you lived there?
- Who \_\_\_\_\_ lives with you?
- What time \_\_\_\_\_ you get up on Sundays?
- Why \_\_\_\_\_ you studying English?
- Where \_\_\_\_\_ you go on holiday last year?
- How many countries \_\_\_\_\_ you visited?
- Who \_\_\_\_\_ emails you the most?
- What \_\_\_\_\_ you do yesterday evening?
- What \_\_\_\_\_ you planning to do next weekend?

HELP WITH LISTENING

Questions with *you*

7 a Work in pairs. How do we usually say the auxiliaries and *you* in the questions in 6?

b CD1 2 Listen to the questions in 6. Notice how we say *do you* /dəjə/, *have you* /həvjə/, *are you* /əjə/ and *did you* /dɪdʒə/.

8 a CD1 2 PRONUNCIATION Listen again and practise. Copy the weak forms.

*Whereabouts do you /dəjə/ live?*

b Work in pairs. Ask and answer the questions in 6. Ask follow-up questions.

9 Work in new pairs. Student A p102. Student B p107.

Get ready ... Get it right!

10 Write a list of five things you do that make you happy.

- writing my blog
- going for walks in the park

11 a Work in groups of three. Take turns to tell the group about each thing on your list. Ask one or two questions about each thing your partners tell you about.

Writing my blog makes me happy.

How often do you write it?

What do you write about?

b Tell the class about one thing that makes you happy.



Vocabulary likes and dislikes  
Grammar positive and negative  
verb forms, words and phrases

1B Love it or hate it

**QUICK REVIEW Question forms** Choose a partner, but don't talk to him or her yet. Write four questions to ask your partner. Work in pairs. Ask and answer your questions. Then tell the class something interesting you found out about your partner.

Vocabulary and Speaking  
Likes and dislikes

1 Work in pairs. Match these phrases to groups 1–3. Then check in **VOCABULARY 1.2** p127.

- 1 saying you love or like something
- 2 saying something is OK
- 3 saying you don't like something

I (really) love ... 1 I (really) hate ... 3  
I don't like ... at all. I can't stand ...  
I'm (really/very/quite) interested in ...  
I think ... is/are all right.  
... (really) get(s) on my nerves.  
I can't bear ... I (really) enjoy ...  
I don't mind ... I'm not (very) keen on ...  
I'm (really/very/quite) keen on ...  
... (really) drive(s) me crazy.  
I think ... is/are great/brilliant/wonderful.  
I think ... is/are awful/terrible/dreadful.

- 2 a Decide how you feel about these things. Choose a different phrase from 1 for each thing.
- watching sport on TV
  - buying new shoes
  - waiting in queues
  - getting up early
  - cooking
  - doing the washing-up
  - going to weddings
  - tidying up the house or flat
- b Work in groups. Compare ideas. Explain why you feel like this.

Reading

3 Read the comments on the internet forum. Then fill in gaps 1–4 with the things in photos A–D. Do the people love or hate these things?

A



www.thingsweloveandhate.com

### Things we LOVE 😊 and HATE 😡

1 \_\_\_\_\_ really drives me crazy. You have to listen to this terrible music while **you're waiting**, and then a woman's voice says, "you're 93<sup>rd</sup> in the queue". Sometimes you can wait for over an hour and **no one** answers – and you can't put the phone down because **you don't want** to lose your place. Then when you finally speak to someone they **hardly ever** solve your problem, so you have to start again anyway.

MICHAEL

I think 2 \_\_\_\_\_ are brilliant, but **I know** a lot of people can't stand them. I've got two sisters and **neither** of them can watch one for more than 5 minutes. **I've seen** loads of different shows over the years. The ones with celebrities are the best because you can see that **none** of them are any different to us – they're all just normal people really. But I wouldn't like to be on one myself because I know all my friends would laugh at me!

CORINNE

I really **hate** 3 \_\_\_\_\_. The trains are always really crowded and they're often late or get cancelled for no reason. Yesterday **I waited** nearly half an hour for a train, and then **I didn't get** a seat so I had to stand all the way home. I don't think that's right, not when we pay so much for our tickets. And I can't bear listening to other people's phone conversations on the train. How can people talk about hospital visits or relationship problems in public? I don't think I could do that, I'd be too embarrassed.

MARCELA

I really love 4 \_\_\_\_\_, but my wife doesn't like it at all. I can't understand why – it's much safer than driving and there are no traffic jams. **She hasn't flown** for years, but as far as I'm concerned, there's no better way to travel. I love just sitting back and watching the clouds go by or chatting to the person next to me. And if **I'm not feeling** very sociable I can always watch a film, which I **never** have time to do at home.

HASSAN



- 4 a Read the comments on the internet forum again. Are these sentences true (T) or false (F)?
- 1 Michael doesn't mind talking to call centres. *F*
  - 2 He thinks call centres usually solve your problems.
  - 3 Corinne's sisters can't bear reality TV programmes.
  - 4 Corinne doesn't like programmes with celebrities.
  - 5 Marcela had a difficult journey home yesterday.
  - 6 She enjoys listening to other people's phone conversations.
  - 7 Hassan's wife isn't keen on flying.
  - 8 Hassan often watches films when he's at home.
- b Work in groups. Discuss how you feel about the things in the photos. Use phrases from 1 and your own ideas.

HELP WITH GRAMMAR

Positive and negative verb forms, words and phrases

- 5 a Look at the comments on the internet forum again. Match the phrases in blue to these verb forms. Which phrases are negative?
- |                    |                        |
|--------------------|------------------------|
| Present Simple     | Present Perfect Simple |
| Present Continuous | Past Simple            |
- b Look at Marcela's comment again. Find the negative forms of these sentences. Which verb do we usually make negative?
- I think that's right. I think I could do that.*
- c Look at Hassan's comment again. Find another way to say these phrases. Which word can we use instead of *not a* and *not any* with *there is/there are*?
- There aren't any traffic jams.*  
*There isn't a better way to travel.*
- d Match these positive words to the negative words/phrases in pink on the internet forum.
- |                  |                |
|------------------|----------------|
| love <i>hate</i> | everyone _____ |
| always _____     | all _____      |
| usually _____    | both _____     |
- e Check in **GRAMMAR 1.2** p128.

- 6 a Make these sentences negative. There is sometimes more than one possible answer.
- 1 I often visit my grandmother.  
*I don't often visit my grandmother.*
  - 2 Everyone in my family likes tennis.
  - 3 My mum's lost her mobile.
  - 4 I think I'll buy a new phone.
  - 5 There's a doctor in the village.
  - 6 All of my friends have got cars.
  - 7 Both of my brothers like cooking.
  - 8 There's some milk in the fridge.
- b Work in pairs. Compare answers.

- 7 **CD1** 3 **PRONUNCIATION** Listen and practise.  
*I don't often visit my grandmother.*

Get ready ... Get it right!

- 8 Write four sentences about things you like and four sentences about things you don't like. Use the phrases from 1 and your own ideas.
- I really enjoy watching old films.*  
*I can't stand going to the dentist.*
- 9 a Find one student in the class who agrees with each of your sentences. Ask follow-up questions if possible.
- I really enjoy watching old films.

Yes, me too. What was the last one you watched?
- b Tell the class two things you have in common with other students.
- Tamek and I both enjoy watching old films.

VOCABULARY  
1C AND SKILLS

Join the club!

Vocabulary adjectives (1): feelings;  
prepositions with adjectives  
Skills Listening: an informal conversation;  
Reading: a magazine article

**QUICK REVIEW Likes and dislikes** Write the names of three people you know. Think of one thing they like doing and one thing they don't like doing. Work in pairs. Take turns to tell each other about the people: *My brother Federico can't stand waiting in queues.*

Vocabulary and Speaking  
Adjectives (1): feelings

- 1 a Work in pairs. Which of these adjectives do you know? Do they describe positive or negative feelings? Then check new words in **VOCABULARY 1.3** p127.

relaxed nervous pleased embarrassed angry annoyed  
fed up disappointed stressed calm upset scared  
satisfied confused shocked glad concerned depressed

- b Choose six adjectives from 1a. Make notes on the last time you felt like this.
- c Work in pairs. Tell your partner about the adjectives you chose. Ask follow-up questions if possible.

I felt quite stressed last week because I had to go for a job interview.

Did you get the job?

Listening and Speaking

- 2 a Work in new pairs. Answer these questions.
- Have you (or people you know) ever been a member of a club? If so, tell your partner about it.
  - What kinds of clubs are popular in your school, university or city? What do people do in these clubs?
  - What are the advantages and disadvantages of being in a club?
- b **CD1** 4 Listen to four friends, Sally, Eric, Alice and Peter. Put these clubs in the order they talk about them. What do people do in each club?
- a book club
  - a glee club
  - an animation club
  - a drama club
- c Listen again. Tick (✓) the true sentences. Correct the false ones.
- Sally's new play is a musical. *comedy*
  - Her character in the play is an angry old lady.
  - Eric's book club meets once a week.
  - He doesn't always finish reading every book.
  - Peter runs an animation club.
  - Eric might go to an animation club meeting.
  - Alice is better at dancing than singing.
  - She's too embarrassed to sing in the restaurant.
- d Work in pairs. Compare answers. Would you like to join any of these clubs? Why?/Why not?

HELP WITH LISTENING  
Sentence stress (1)

- 3 a **CD1** 4 Read and listen to the beginning of the conversation. Notice which words are stressed.
- SALLY Sorry I'm late. Did you get my text?
- PETER Hi, Sally. Yes, I've ordered you the vegetarian pizza.
- SALLY Great, thanks a lot.
- ERIC Were you working late?
- SALLY No, I go to a drama club on Mondays.
- ALICE I didn't know you've joined a drama club.

- b Find examples of these parts of speech in the conversation in 3a. Are these types of words usually stressed (S) or not stressed (N)?

adjectives S pronouns  
positive auxiliaries main verbs  
nouns articles prepositions  
negative auxiliaries

- c Look at Audio Script **CD1** 4 p156. Listen again and follow the sentence stress.

Reading and Speaking

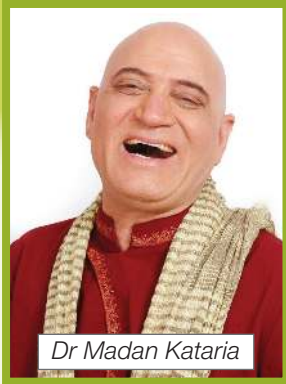
- 4 a Look at the photos and the headline of the article on p11. What do you think the article is about?
- b Before you read, check these words/phrases with your teacher or in a dictionary.
- reduce clap your hands  
strengthen your immune system  
fake chemicals
- c Read the article. Match topics a–e to paragraphs 1–5.
- a It worked for me – try it yourself
  - b Why laughter is good for you
  - c Start the day with a laugh
  - d My first visit to a Laughter Club
  - e How Laughter Clubs began



# Laughter

## is the best medicine

- 1 Do you want to live a happier, less stressful life? Try laughing for no reason at all. That's how thousands of people start their day at Laughter Yoga Clubs around the world – and many doctors now think that having a good laugh might be one of the best ways to stay healthy.
- 2 The first Laughter Yoga Club was started in Mumbai, India, in 1995 by Dr Madan Kataria. "Young children laugh about 300 times a day. Adults laugh between 7 and 15 times a day," says Dr Kataria. "Everyone's naturally **good** at laughing – it's the universal language. We want people to feel **happy** with their lives." There are now more than 6,000 Laughter Clubs in over 65 countries worldwide and there's even a World Laughter Day on the first Sunday in May every year.
- 3 Many doctors are also **interested** in the positive effects of laughter on our health. According to a five-year study at the UCLA School of Medicine in California, laughter reduces stress in the body, strengthens your immune system and is very good for the heart. Laughter Yoga is now used in many hospitals for the treatment of serious illnesses and it is also practised in schools, companies, old people's homes and prisons.
- 4 So, what actually is Laughter Yoga? I went along to my nearest Laughter Club in south London to find out. I was quite **nervous** about it, to be honest – I wasn't **keen** on the idea of laughing with a group of strangers, and I was **worried** about looking stupid. First, our laughter teacher told us to clap our hands and say, "ho ho ho, ha ha ha," while looking at each other. The teacher explained that our bodies can't tell the difference between fake laughter and real laughter, so they still produce the same healthy chemicals.
- 5 Amazingly, it works. After ten minutes everybody in the room was laughing for real – and some people just couldn't stop! We spent an hour doing different types of laughter exercises and at the end of the class I was **surprised** by how calm and relaxed I felt. So if you're **upset** about something at work or just **fed up** with your daily routine, then just start laughing – you might be very **pleased** with the results. As Dr Kataria says, "When you laugh, you change, and when you change, the whole world changes around you."



Dr Madan Kataria



- 5 **a** Read the article again. Find the answers to these questions.
  - 1 Where and when did Laughter Yoga Clubs begin?
  - 2 How often do young children and adults laugh?
  - 3 What happens in May every year?
  - 4 How does laughter improve your health?
  - 5 What do people do at a Laughter Club?
  - 6 Why is fake laughter good for your health?
  - 7 How did the writer feel at the end of the class?

**b** Work in pairs. Compare answers. Would you like to join a Laughter Yoga Club? Why?/ Why not?

### HELP WITH VOCABULARY

Prepositions with adjectives

- 6 **a** Look at the adjectives in **blue** in the article. Which preposition comes after them?

good <b>at</b>	worried _____
happy _____	surprised _____
interested _____	upset _____
nervous _____	fed up _____
keen _____	pleased _____

**b** Match these prepositions to the adjectives. Sometimes there is more than one answer.

of	with	about	by	at
----	------	-------	----	----

scared <b>of, by</b>
bored _____
frightened _____
annoyed _____
bad _____
satisfied _____
embarrassed _____
depressed _____
angry _____ something
angry _____ someone

**c** Check in **VOCABULARY 1.4** p127.

- 7 **a** Choose six adjectives from **6a** and **6b**. Write the name of one person you know for each adjective.

*fed up – Eva*

**b** Work in new pairs. Tell your partner about the people. Ask follow-up questions.

My sister Eva is fed up with her job.

Oh, why's that?

- 8 Work in groups. Look at p112.

1D REAL WORLD

Nice to meet you

Real World question tags

**QUICK REVIEW** Prepositions with adjectives  
Work in pairs. Find one thing that you're both:  
scared of, interested in, worried about, good at,  
fed up with, happy about. **A** *I'm scared of spiders.*  
**B** *Me too!*

- 1** Work in pairs. Discuss these questions.
- 1 When did you last meet someone new (apart from students in this class)? Where were you at the time?
  - 2 What did you talk about?
  - 3 Did you get on well with the person? Why?/Why not?
- 2** **a** Look at the photo. Where are the people? What are they doing?
- b** **VIDEO** 1 **CD1** 5 Watch or listen to the conversation. Then choose the correct names in these sentences.
- 1 Daniel /Charlie is Lisa's new boyfriend.
  - 2 Lisa/Daniel is Charlie and Rebecca's neighbour.
  - 3 Rebecca's/Lisa's sister shared a flat with Daniel's brother.
  - 4 Daniel/Charlie teaches people how to sail.
  - 5 Charlie/Lisa works for a package tour company.
  - 6 Lisa/Daniel and Rebecca/Charlie both support Manchester United.
  - 7 Rebecca and Charlie have a son called Alex/Harry.
- c** Work in pairs. Compare answers.

- 3** **a** Work in the same pairs. Complete questions 1–6 with these question tags.

don't you?    wasn't it?    do you?  
have you?    haven't you?    didn't she?

- |   |  |   |                   |
|---|--|---|-------------------|
| 1 | You live next door to Lisa,<br><u>don't you?</u> | a | <u>Yes, I do.</u> |
| 2 | Barbara went to Liverpool<br>university, _____   | b | _____             |
| 3 | You've been diving,<br>_____                     | c | _____             |
| 4 | It was a great match<br>yesterday, _____         | d | _____             |
| 5 | You haven't ordered any<br>food yet, _____       | e | _____             |
| 6 | You don't have any kids,<br>_____                | f | _____             |

- b** Work in the same pairs. Write these short answers in a–f.

Yes, I do.    No, I don't.    Yes, she did.    Yes, it was.  
No, I haven't, actually.    No, we haven't.

- c** **VIDEO** 1 **CD1** 5 Watch or listen again. Check your answers to **3a** and **3b**.





REAL WORLD Question tags

4 a Look again at questions 1–6 in 3a. Then choose the correct words/phrases in these rules.

- We usually use questions with question tags (*don't you?*, etc.) to *check information that we think is correct/ find out new information*.
- We usually use the *main verb/auxiliary* in question tags.
- We only use *names/pronouns* in question tags.
- If the main verb is positive, the question tag is usually *positive/negative*.
- If the main verb is negative, the question tag is usually *positive/negative*.

b Look again at short answers a–f in 3a. Then answer these questions.

- 1 Which short answers say the information is correct?
- 2 Which short answer says the information isn't correct?
- 3 Which word do we use to sound more polite when the information isn't correct?

TIP • We can also use *Yes, that's right*. to say that the information is correct: **A** *You're from London originally, aren't you?* **B** *Yes, that's right. / Yes, I am.*

c Check in REAL WORLD 1.1 p128.

5 a CD1 6 Listen to questions 1–6 in 3a again. Does the intonation on the question tag go up or down?

b PRONUNCIATION Listen again and practise. Copy the stress and intonation.

*You live next door to Lisa, don't you?*

6 a Write question tags to check information about the people in the photo.

- 1 Lisa and Daniel aren't married, are they ?
- 2 Charlie and Daniel haven't met before, \_\_\_\_\_ ?
- 3 Rebecca and Lisa live in the same village, \_\_\_\_\_ ?
- 4 Charlie's lived there for about three years, \_\_\_\_\_ ?
- 5 Daniel left London last year, \_\_\_\_\_ ?
- 6 Daniel and Lisa shared a flat at university, \_\_\_\_\_ ?
- 7 Charlie works for a holiday company, \_\_\_\_\_ ?
- 8 Rebecca isn't very keen on football, \_\_\_\_\_ ?
- 9 Harry is Charlie and Rebecca's son, \_\_\_\_\_ ?
- 10 Daniel hasn't got any children, \_\_\_\_\_ ?

b Work in pairs. Take turns to ask and answer the questions. Then check your partner's answers in Audio Script CD1 5 p156. How many are correct?

Lisa and Daniel aren't married, are they?

No, they aren't.

7 Work in new pairs. Look at p114.

HELP WITH PRONUNCIATION

-ed adjectives

1 a Work in pairs. Look at these -ed adjectives. How many syllables does each word have? Write the words in the table and mark the stress.

stressed	annoyed	excited	satisfied	
worried	confused	frightened	relaxed	scared
concerned	shocked	terrified	embarrassed	
exhausted	interested	depressed		

1 syllable	<u>stressed</u>
	<u>annoyed</u>
	<u>excited</u>

b CD1 7 Listen and check. Listen again and practise.

2 a Work in new pairs. Cover 1a. Do these words have the same (S) or different (D) stress pattern?

- |               |            |   |              |           |
|---------------|------------|---|--------------|-----------|
| 1 stressed    | annoyed    | D | 5 frightened | worried   |
| 2 concerned   | exhausted  | 6 | shocked      | scared    |
| 3 depressed   | confused   | 7 | satisfied    | relaxed   |
| 4 embarrassed | interested | 8 | excited      | terrified |

b CD1 8 Listen and check. Listen again and practise.

continue2learn

Vocabulary, Grammar and Real World

- Extra Practice 1 and Progress Portfolio 1 p115
- Language Summary 1 p127
- 1A–D Workbook p5

Reading and Writing

- Portfolio 1 Describing a holiday Workbook p64  
Reading an email about a holiday  
Writing informal writing; ellipsis of words

