

CAMBRIDGE

Activity Book

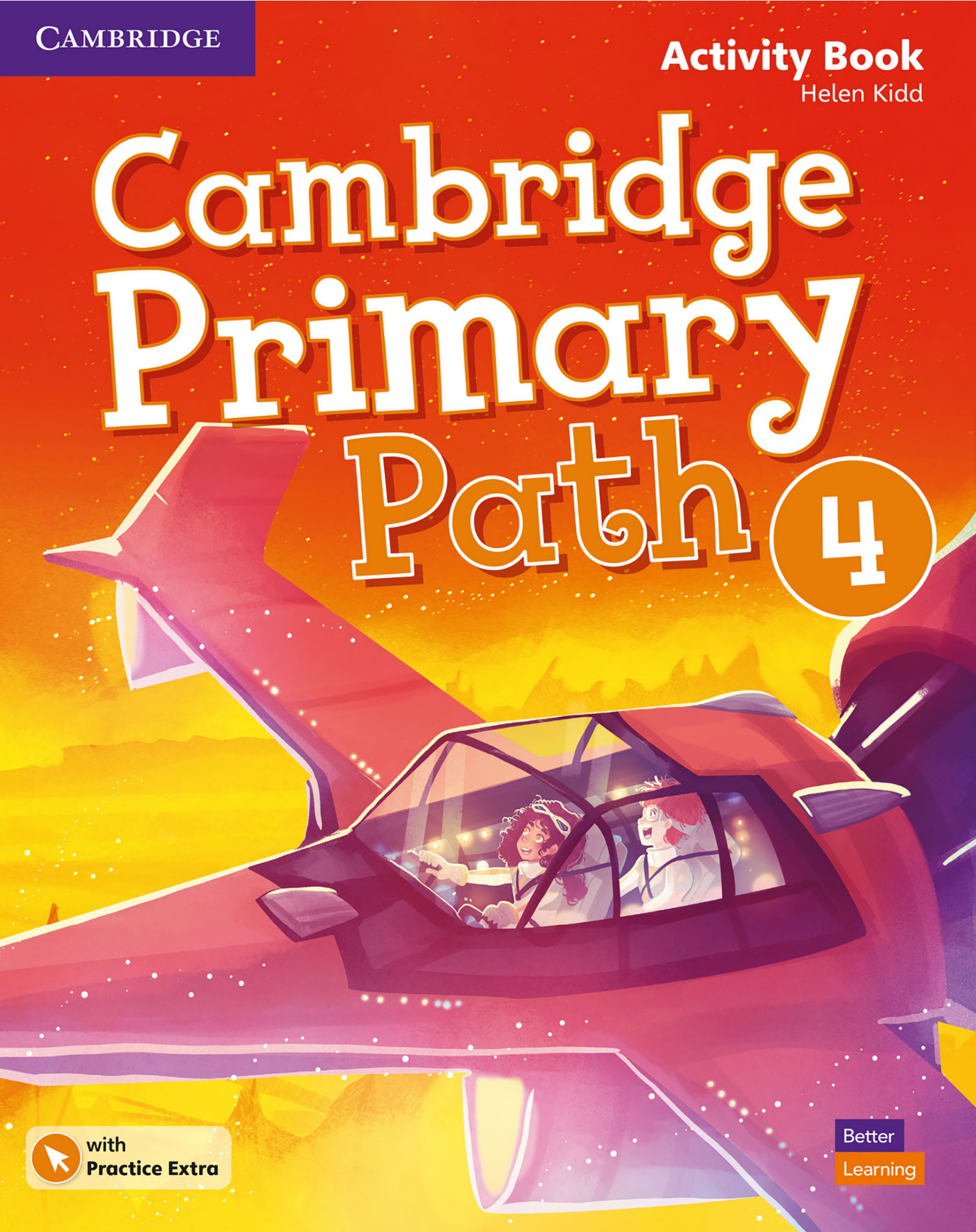
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4

 with
Practice Extra

Better
Learning



1

How do we express feelings?

1 **Key Words 1** 1.1 Watch the video. Complete the graphic organizer.

stomp your feet smile shake drive someone crazy laugh mouth goes dry

Annoyed



Nervous



Happy



2 How do they feel? Match.



a annoyed



b upset



c nervous

3 **Key Words 1** Complete.

shake stomps her feet apologize smile drives me crazy

- a It _____ when my brother takes my toys.
- b When I get nervous, my hands sometimes _____.
- c When my little sister gets angry, she _____.
- d It's better to _____ when you feel calm, not when you feel angry.
- e My dad's jokes always make me _____!



1

Key Words 2 Match.

- | | |
|-----------|--|
| 1 sweat | a sad |
| 2 scream | b sudden, angry crying, often in a young child |
| 3 pout | c to produce liquid through your skin |
| 4 hug | d feeling pleased about something you did |
| 5 unhappy | e to push your lips forward, often to show you are annoyed |
| 6 proud | f to squeeze someone in your arms |
| 7 tantrum | g to make a long, loud, high sound |



2

Read and complete.

sweat scream pouts hugged unhappy proud tantrum

- a My little brother got annoyed and had a big _____. He cried and stomped his feet.
- b When you run around a lot or get nervous, you sometimes _____.
- c “Are you OK? You look a little _____.”
- d The girls felt very _____ when they won the soccer tournament.
- e Finn _____ his friend when his friend was upset.
- f If you feel really angry, _____ at the sky rather than another person!
- g My sister sometimes _____ if she doesn’t get what she wants.



3 What do you think the article is about?

Circle the theme of the article.

ds

nter

h

2

Reading Strategy: Identifying Theme

The theme of a text is the most important message or topic. Identifying the theme can help you understand the text.

The Best Medicine?



Laughing with friends can make us feel happy, whether we are nine or ninety. Like a hug, it can make us feel better when we are unhappy. Laughing can “break the ice” between people who don’t know each other and help them to feel more comfortable. It can even connect people who don’t speak the same language—funny faces can make anyone laugh!



Some researchers think that the main purpose of laughter is to bring people together and help them live in groups. Being able to laugh made early humans different from animals. While other animals were living in small groups, our ancestors started to make bigger groups. Perhaps this helped them to survive.



There is also evidence that laughter is good for our bodies. Some scientists think it can make blood flow around the body more quickly and easily. This is good for the heart and the brain. Laughter can also be a natural “painkiller.” When we laugh, our bodies make chemicals. These can help us to feel less pain, to feel more relaxed, and even to fight infections. Some doctors think that just a few minutes of laughing each day can help to keep us healthy!



In the mid-1990s, laughter clubs started to appear. Now, there are thousands of them around the world. People meet, sometimes just for 10 or 15 minutes, to laugh together. You don’t have to be a happy person or to tell jokes. The idea is that the physical act of laughing can make you feel better. So maybe the next time you feel so angry that you want to rant or scream, you should laugh instead.

Give your say!

Laughing really helps me to calm down.
— Jake, 10

I went to a laughter club once, but I felt really nervous! — Ella, 10

3 Mark ✓ the themes the article covers.

- a the effect of laughter on our bodies
- b the purpose of laughter
- c how to make yourself laugh
- d how laughter makes us feel better
- e how to tell a good joke
- f early humans and laughter

4 Read and circle *T* (true) or *F* (false).

- a You can laugh only with people you know. T F
- b Laughter can connect people who speak different languages. T F
- c Only early humans, not animals, could laugh. T F
- d We feel pain more when we laugh. T F
- e Laughter clubs started in the 1990s. T F
- f At laughter clubs, people get together to tell jokes. T F



5 What do you think? Read and answer.

- a How do you feel when you laugh with friends?

- b What do you think of laughter clubs? Would you go to one?

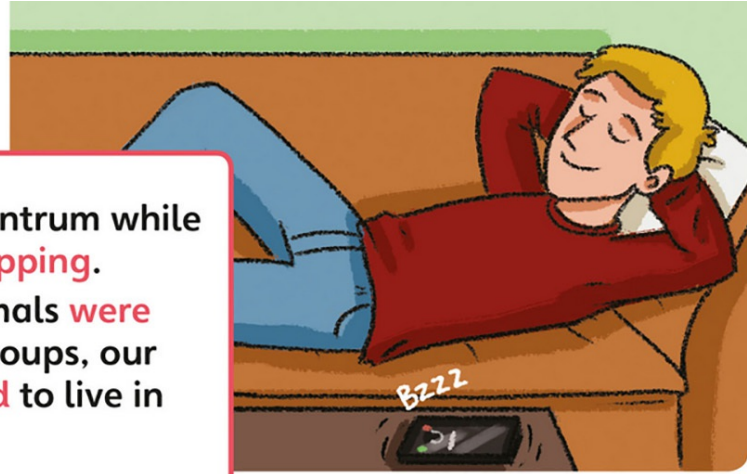
Interrupted Past

I **started** to sweat while I **was waiting** to give my presentation.

While you **were sleeping**, your phone **rang!**

The girl **had** a tantrum while her dad **was shopping**.

While other animals **were living** in small groups, our ancestors **started** to live in bigger groups.



1 Complete the sentences from the song on Student's Book page 12. Use the past simple or past progressive.

look read play break

- a While I was staying at the beach, I _____ my smartphone.
- b While I _____ on the beach, I lost my new shoes.
- c I ate some ice cream while I _____ out to sea.
- d I _____ my book while I was lying in the sun.



2 Complete. Use the past simple or past progressive.



While we _____ (play) in the park, it _____ (start) to rain.




While I _____ (think) about my vacation, I _____ (fall) asleep.




Lucy's dad _____ (sneeze) while they _____ (watch) TV.



While Oscar _____ (pack) his bag, he suddenly _____ (feel) nervous about the competition.

 **3** Look. Do you know the name of the man in the photo?

 **4** Read and check. Then, complete with the correct form of the past simple or past progressive.

Mahatma Gandhi was a very famous Indian leader. He

1 _____ (believe) that all people should be equal. But when he was a student, speaking in public

2 _____ (not / be) easy for him. Once, while he

3 _____ (give) a presentation to a group of people, he

4 _____ (feel) very nervous. He 5 _____ (not

/ can) speak. Someone else 6 _____ (finish) the presentation for him.

Another time, while he 7 _____ (work), he 8 _____ (leave)

a meeting because he was so nervous that he couldn't think of any questions to ask!



 **5** Make sentences with the past simple and past progressive.

a While / they / lie on the beach / the storm / start

b While / I / have lunch / my cousins / arrive

c Carla / feel / excited / while / she / go to the party

d You / call / while / I / study

e While / Dan / talk on the phone / the email arrive

My Life

Finish the sentences with information about you. Use the past progressive.

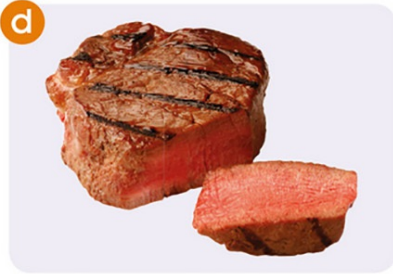
a While I was thinking about _____, I felt really excited.

b While I was _____, I felt nervous.

c I felt annoyed while _____.



1 Say and write the words. Underline *ai*, *ay*, *ei*, or *ea*.



2 Circle the word with the different vowel sound.

- | | | |
|-----------|--------|--------|
| a break | great | sweat |
| b steak | react | break |
| c protein | sleigh | eight |
| d explain | say | scream |
| e health | play | paint |
| f wait | beach | stay |

Oracy



1 Read. Underline three useful ground rules for a discussion. Circle three useful ground rules for discussion and collaboration.

- Listen to each other's ideas.
- Look up.
- Shout.
- Ask each other *What do you think?* and *Why?*
- Speak loudly.
- Speak quickly.
- Try to agree in the end.
- Speak clearly.
- Talk at the same time as other people.

Adjectives

When we talk about emotions, we often use *-ed* adjectives. These adjectives tell people how we feel about something.

I felt *bored* / *frightened* / *excited*.

When we describe things such as books, movies, or events, we often use *-ing* adjectives. These adjectives tell people about the things that make us feel an emotion.

The movie was *boring* / *frightening* / *exciting*.



1 Read and circle.

- a Did you go to bed late? You look really **tired** / **tiring**.
- b They didn't like the movie—it was too **frightened** / **frightening**.
- c The teacher was **annoyed** / **annoying** when the children didn't listen.
- d I have some **excited** / **exciting** news—I won the art competition!
- e What do you think is more **interested** / **interesting**—math or English?
- f My mom is **bored** / **boring** with her job. She's looking for a new one.



2 Read and complete with *-ed* or *-ing* forms of the words in the box.

tire excite bore frighten relax interest

- a Lily was so _____ about her vacation that she couldn't sleep.
- b Sometimes, when I'm angry, I listen to _____ music.
- c Tom is really _____ in photography—he loves it.
- d “Did you like the book?” “Not much—I thought it was _____.”
- e Our cat is _____ of loud noises. She hides behind the sofa!
- f I was so _____ that I slept through the movie!


1 READ Answer the questions.

How many lines do the writers use in each poem? Why?

poem 1: _____ poem 2: _____



friendship
LAughs
Loving Pets
sPecial occasions
exciting daYs out



feeling fruStrated
all ALone
tearDrops fall

2 PLAN Prepare to write an acrostic poem. Choose an emotion. Complete the graphic organizer.

- a How many lines do you need to use? _____
- b Choose words and phrases you brainstormed in the Student's Book. Circle one letter in each line that is part of your emotion word. Select the best ones for your poem.

Hidden Emotion Word:
Words and Phrases:

3 WRITE Use the graphic organizer to write your poem in your notebooks.

4 EDIT Did you ...

- check the spelling of your emotion word?
- include an -ed adjective?
- include an -ing adjective?