



#SCOPE & SEQUENCE

FUNCTION

GRAMMAR

LEXIS

RECYCLING

U5 #TEENS IN THE SPOTLIGHT (p.60)

L1	p.62	Discussing typical parent-teen arguments about recent actions.	Present Perfect (for present result of a finished action)	Verb phrases: <i>tidy your room, do homework</i> ; etc.	Present Perfect / Everyday activities
L2	p.64	Discussing typical teens' reactions to conflict about actions.	Present Perfect with <i>already</i> & <i>yet</i>	Verb phrases: <i>slam the door, be grounded</i> ; etc.	Present Perfect
L3	p.66	Discussing news headlines and recent events.	Present Perfect with <i>just</i>	Verb phrases: <i>get married, win an award</i> ; etc.	Present Perfect / Everyday activities
L4	p.68	Talking about newspaper sections. Discussing breaking news.	Simple Present / Simple Past / Present Perfect / Present Continuous / Past Continuous / Simple Future	Newspaper sections: <i>science, sports</i> ; etc.	Tense revision

REVIEW LESSON Unit 5 (pp.70-71)

WORKBOOK SECTION (pp.132-135)

U6 #CHANGES IN LIFESTYLES (p.72)

L1	p.74	Discussing facts about teenage life around the world.	Adverbs of manner (regular & irregular)	Verb phrases: <i>have proms, wear uniforms</i> ; etc.	Simple Present / Simple Past / Comparatives
L2	p.76	Talking about best-sellers. Comparing how people do things, act or react.	Comparative and superlative form of adverbs	Vocabulary related to books: <i>best-seller, novel</i> ; etc.	Comparative and superlative of adjectives
L3	p.78	Discussing urban tribes. Talking about past habits and states which are no longer true.	<i>Used to</i> (aff & neg)	Vocabulary related to urban tribes: <i>skaters, hip-hop</i> ; etc.	Simple Present / Simple Past
L4	p.80	Discussing what teenage life used to be like in the past.	<i>Used to</i> (interrog) & short answers	Household items: <i>dishwasher, vacuum cleaner</i> ; etc.	Yes / No & Wh- questions

REVIEW LESSON Unit 6 (pp.82-83)

WORLD ISSUES 3 (pp.84-85)

PROJECT 3 (p.114)

WORKBOOK SECTION (pp.136-139)

U7 #THE POWER OF THE MIND (p.86)

L1	p.88	Discussing the benefits of optimism.	Conditional sentences type 1 / Word categories	Verb phrases: <i>look on the bright side, give up</i> ; etc.	Conditional sentences type zero
L2	p.90	Talking about dreams and their meanings.	Compounds with <i>some</i> : <i>somebody / someone, somewhere & something</i>	Vocabulary related to dreaming and sleeping: <i>asleep, nightmare</i> ; etc.	Simple Present / Conditional sentences
L3	p.92	Describing some strange, funny or frightening dreams.	Compounds with <i>any</i> : <i>anyone / anybody, anywhere & anything</i> Compounds with <i>no</i> : <i>no one / nobody, nowhere & nothing</i>	Verb phrases: <i>be chased, get lost</i> ; etc.	Compounds with <i>some</i>
L4	p.94	Discussing facts about dreams.	Question tags (in the present, past & future)	Vocabulary related to dreaming: <i>remember dreams, vivid dreams</i> ; etc.	Simple Present / Simple Past / Simple Future

REVIEW LESSON Unit 7 (pp.96-97)

WORKBOOK SECTION (pp.140-143)

U8 #GROWING TRENDS (p.98)

L1	p.100	Discussing e-waste and pollution up to the present.	Present Perfect with <i>for</i> & <i>since</i>	Some nouns and noun phrases: <i>e-waste footprint, recyclers</i> ; etc.	Present Perfect / Time expressions
L2	p.102	Discussing unusual jobs and duration.	<i>How long</i> + Present Perfect	Unusual jobs: <i>video game tester, animal chiropractor</i> ; etc.	Present Perfect with <i>for</i> & <i>since</i>
L3	p.104	Discussing and comparing some popular teen career choices.	Comparisons: <i>not as... as</i>	Adjectives used to describe jobs: <i>well-paid, rewarding, stressful</i> ; etc.	Simple Present / Simple Future
L4	p.106	Talking about jobs of the future.	Adjective + preposition + noun / <i>-ing</i> : <i>bad at something, bad at doing something</i> ; etc.	Adjectives: <i>interested, afraid</i> ; etc.	Simple Present / Simple Future / Conditional sentences

REVIEW LESSON Unit 8 (pp.108-109)

WORLD ISSUES 4 (pp.110-111)

PROJECT 4 (p.115)

WORKBOOK SECTION (pp.144-147)



**#THE POWER
OF THE MIND**



#UNIT GOALS



- ▶ Discuss the benefits of optimism.
- ▶ Talk and write about probable consequences or results.
- ▶ Read and talk about dreams and their meanings.
- ▶ Talk about places, things and people.
- ▶ Describe some strange, funny or frightening dreams.
- ▶ Write an interview.



#PIC OF THE UNIT

>> Think and share your ideas with the class.

How are the images related to the title of the unit? What types of dreams do they show? What are the situations like? Are they challenging, funny, strange; etc? How do you think that the people feel in each situation? Do you think that your thoughts and dreams influence your actions? Why? Do you pay attention to your dreams? How do you feel about them?

- 1  **Warm-up: How would you describe an optimistic and a pessimistic person? Do you consider yourself an optimist or a pessimist? Why? What would you do to face a challenging situation with a positive attitude? How would your positive focus help to deal with the situation?**
- 2  **Look at the Sign Up to Grammar box. Then read this online magazine article and complete the sentences.**

What is optimism?

Optimism is a mental attitude characterised by hope and confidence in success and a positive future. Optimists expect good things to happen and their attitudes are linked to a number of benefits, including better coping skills, lower stress levels, better physical health and higher persistence.

Optimists tend to view hardships as learning experiences or temporary setbacks. If you always see the brighter side of things, even in your worst day, you will think that 'tomorrow will probably be better.' Optimists explain positive events as the results of their own actions or characteristics and consider that more positive things will happen to them in the future. For example, if an optimist gets a promotion, they will probably believe it's because they are good at their job and will receive more benefits and promotions in the future. If they don't get the promotion, they will explain that it's possibly because they had a bad month, but will do better in the future.

Research suggests that genetics determine about 25% of your optimism levels, and environmental variables out of your control, such as your socioeconomic status, also play an important role. But this doesn't mean that you can't actively improve your attitude. If you become more mindful, focusing on being present in the here and now, you won't worry much about upcoming events. And if you keep a gratitude journal or write down positive emotions, you will develop a more optimistic attitude as well.

Studies have shown that an optimistic view brings certain advantages. First, optimists are more likely to maintain better physical health than pessimists, including a 50% lower risk of cardiovascular disease. Moreover, since optimists don't give up easily, they are more likely to achieve their goals. And optimists also tend to experience less stress because they believe in themselves and their abilities and they expect good things to happen.

However, if optimists only focus on the positive, they will probably face some problems. For example, they may not think about all of the potential risks and end up having negative results. Or, they may overvalue positive feelings and ignore or even repress negative emotions. Due to this, they may also invalidate the emotional experiences of people who are going through difficult times. If optimists want to avoid this, they need to maintain a healthy, realistic approach to positivity. The goal should be to try to look on the bright side while still acknowledging the difficulties of the situation.

Adapted from: <https://www.verywellmind.com/the-benefits-of-optimism-3144811>

- 1 If you have an optimistic view, you _____ enjoy some benefits such as low stress levels and good health.
- 2 You _____ improve your positive attitude if you appreciate what you have at present.
- 3 If optimists repress negative emotions, they _____ have a healthy approach to positivity.



➔ **#Sign Up to Grammar**

Conditional Sentences Type 1

We use **conditional sentences type 1** to talk about possible consequences or results. The structure is: **Simple Future + if + Simple Present** or **If + Simple Present + Simple Future**

(I'll **get** the promotion) (if I **work** hard.) (affirmative)
 (Will you **be** less stressed) (if you always **look** on the bright side of things?) (interrogative)
 (If he **doesn't** accept his negative feelings,) (he **won't** have a healthy life.) (negative)

Remember!

We use **conditional sentences type 0** to talk about facts or general truths. The structure is: **If + Simple Present + Simple Present** or **Simple Present + if + Simple Present**

(If you **keep** a positive mind,) (you **don't** give up easily.)
 (Optimism **becomes** a habit) (if you **practise** positive thoughts.)



3 Read the article on page 88 again and underline the conditional sentences type 1.

4 Look at the Useful Tip box and complete the table.

noun	adjective	adverb
optimist / optimism		optimistically
	pessimistic	
realist / realism		

5 **36** Listen to two friends talking about positive thinking and circle the correct option.

If you think positively, ...

- you **will** / **won't** attract many of those things you really want.
- you **will probably** / **probably won't** get absolutely everything.
- you **will** / **won't** have the energy to study hard and get a degree.
- you **will probably** / **probably won't** start working harder.

6 Write conditional sentences type 1 using the prompts.

- (if I start sport / meet new friends)
If I start a sport, _____
- (see the glass half full / if you be optimistic)

- (if people not have confidence / probably not achieve goals)

- (she try to make things better / if she be a realistic optimist)

➔ **#Useful Tip > Grammar**

Look at the different word categories in this sentence: Optimists focus on positive aspects and they can handle a problem efficiently.

Pronoun: they Nouns: optimists, aspects, problem
 Verbs: focus, can, handle
 Article: a Conjunction: and
 Adverb: efficiently Adjective: positive

7 Work in pairs. Student A starts a statement using conditional sentences type 1 and Student B finishes it. Swap roles. Use some of the ideas below.

not pass the exam train for the competition
 have free time today forget my phone
 not agree with my friend not finish the project work
 go to the shopping centre get the driving license



A: If I don't pass the exam, ...

B: ... I'll study harder for the make up test. / ... my parents won't let me go out on Friday.

8 What will you do if you get a well-paid after-school job? In your notebook, write about how you think your life will change.

I imagine my life will be completely different if I get a...
 For example, I...
 Also, I think I...



- 1  Warm-up: Do you usually remember your dreams? Do you have any recurring dreams? Discuss.
- 2  Read the online magazine article and write true (T) or false (F).

www.well-being.com

We've all had that weird dream that makes us wonder when we wake up, why did my brain decide to do *that*? When we keep having a common dream, like accidentally going out in public without trousers, it's tempting to try to find out what it means. After all, if other people have this dream too, experts must know why, right? Spoiler alert: Nope. Scientists have long discussed the meanings of dreams. Some believe that dreams don't mean anything and are just 'our brain's response to biochemical changes that happened while we were sleeping,' psychologist Maria Espinola explains. If that took away some of the *magic*, don't worry. Others think that dreams can help us manage our feelings, erase unnecessary information, and/or make us feel more prepared for the future. But most agree that we should look within to understand the meanings of dreams on an individual level, instead of making general interpretations. Here are some common dreams –and how to think about them to understand what they could mean to you.

Falling

Falling from the sky while trying to grab onto something can often be analysed in the context of intense emotions. 'We're living in unprecedented times, and it's normal to experience anxiety during the day, which may lead to scary dreams at night,' Espinola said. 'It's also normal for teens to experience intense emotions and feel fearful about the future as they prepare to transition into adulthood.'

Being chased

One of the most alarming recurring dreams is when someone –or even worse, a spooky figure– is chasing you and you're desperately running somewhere to escape. This is, once again, highly subjective, but it suggests that there's a lot going on in your head. 'Learning how to manage emotions can help teens think more clearly during the day and help them have happier lives and more peaceful dreams,' says Espinola.

Missing or failing an exam

If you usually dream about missing or failing an exam, you actually have a chance to study harder so that the bad dream doesn't come true. Think about what your 'second chance' would be, whether it's about school or not.

Being late

This terrible nightmare is a common example of the brain trying to prepare via dreaming: 'If we have distressing dreams about being late, we have to make sure we take steps to avoid being late in the future.'

Adapted from: <https://www.teenvogue.com/story/dream-meanings>

- 1 All scientists think that dreams mean something. []
- 2 Most experts agree that the meanings of dreams are subjective. []
- 3 If you are anxious during the day, you may have bad dreams at night. []
- 4 You can't do anything to have good dreams. []
- 5 Your dreams can help you to prepare for situations that worry you. []

- 3 Read the article again and complete the diagram with words connected to dreams.

Dreams





#Sign Up to Grammar

Compounds with **some: somebody / someone, something & somewhere**

The compounds in bold in the sentences below refer to:

- [1] _____: **Something** strange appeared in my dream but I couldn't see it clearly.
- [2] _____: I dreamed that **somebody / someone** was screaming for help.
- [3] _____: In my dream, we were **somewhere** old and dark.

Remember!

Use **somebody / someone, something & somewhere** in affirmative sentences.



4 Look at the Sign Up to Grammar box and complete it using the phrases in the box.

a place a thing / an event a person

5 Complete the sentences with **something, somebody / someone** and **somewhere**. Then match the common dreams with their associations.

- 1 If you are _____ with muddy water, ...
 - 2 If you dream with wind, ...
 - 3 When _____ dreams that they lose their teeth, ...
 - 4 If you dream with a celebrity, ...
 - 5 If in your dream you're flying _____, ...
 - 6 If you dream you're _____ in a house, ...
- [] it may represent a feeling of freedom or escaping from reality.
- [] it may be associated with _____ that is going to change.
- [] it may represent sadness.
- [] you may be exploring your inner self.
- [] there's _____ about that person that is relevant to you.
- [] they may be worried about _____ that they said.

6 Now listen and check your answers in activity 5.

7 Circle the correct option.

- 1 Children usually dream that there is **somewhere / something** horrible under their beds.
- 2 Dreaming that you are **somewhere / something** in the dark may represent uncertainty.
- 3 I dreamt that I was a close friend of **somebody / something** I don't know in real life.
- 4 In my dream, I had to get **something / somewhere** fast, but there weren't any means of transport.
- 5 In my nightmare, **something / someone** was talking to me but I couldn't hear the person's voice.
- 6 I was dreaming that I couldn't walk because I had **something / somewhere** heavy on my feet and when I suddenly woke up, I saw my cat sleeping on my legs.

8 Work in pairs. Think of a place, a person (someone you and your partner know) or an object and write it down. Give your partner three clues and three chances to guess what or who you are talking about. Swap roles.

A: It's **somewhere** where you can sleep.

B: I know. A bedroom!

A: No, It's **somewhere** where you can have a shower too.



B: Um... **somewhere** where you can sleep and have a shower too. Your home!

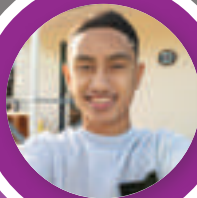
A: No. Last chance. It's **somewhere** where you stay when you travel.

B: I know now. A hotel room.

A: That's right! Look at what I've written down!



- 1  Warm-up: Have you ever had a nightmare? If so, how did you feel when you woke up? What happened in your nightmare? If not, why do you think people have nightmares? Discuss.
- 2  Read these dream narratives. Then match the texts with the pictures.

**Ben**

1 Last night, I dreamt that I was walking to the sports centre as I usually do in real life. But suddenly, I got lost. So I wanted to look at the map on my phone but the screen was totally blank. And when I tried to get **somewhere** familiar, the places that I knew changed into **something** different. It was a horrible dream and I was so desperate! The last thing I remember is that I asked people for help but **nobody** paid attention to me.

**Ariana**

2 The worst nightmare I've ever had was when I dreamt with bugs. They weren't **anything** nice like ladybirds or butterflies. They were similar to cockroaches instead. At first, I saw them in the kitchen and, when I called my family, there wasn't **anybody** at home. As the bugs started to grow in number and appear in other parts of the house, I ran quickly to the front door. But when I tried to open it, there was something blocking my way out.

**Mateo**

3 I've had a recurring nightmare for the past months. I'm at home and I hear noises coming from somewhere outside the house. When I open the door to go out, there's a new room, instead of the garden. As there is **nothing** inside the room, I decide to open another door and I find another room! As I can still hear the noise, I keep on opening doors that lead to more rooms. As I can't find anything, I want to go back but I realise that I'm in a labyrinth.




- 3 Read the dream narratives in activity 2 again and tick (✓) the correct sentences.
- 1 Ben has a recurring nightmare about getting lost. []
 - 2 The three teens have had nightmares related to their houses. []
 - 3 Ariana has dreamt with ugly bugs. []
 - 4 In his dream, Mateo discovers new places at home. []
 - 5 Mateo and Ben try to get help in their dreams. []
 - 6 Ariana tries to get out of her home in her nightmare. []
- 4 Look at the words in bold colours in activity 2 and use them to complete the sentences in the Sign Up to Grammar box.



#Sign Up to Grammar

Compounds with **some, any & no**: **some, any, no + body / one, thing & where**

	Affirmative sentences	Interrogative & negative sentences	Affirmative sentences (with negative meaning)
People	There's somebody / someone chasing me.	She didn't tell anyone / ^[3] _____ about her promotion.	I knocked on the door but no one / ^[5] _____ opened.
Things	The dog was barking at ^[1] _____ in the garden.	He didn't eat ^[4] _____ at the party.	They did ^[6] _____ to help me.
Places	The headphones are ^[2] _____ in my bedroom.	They didn't go anywhere on holiday.	There was nowhere I could hide. 



#Useful Tip > Language

We do not use two negatives in a sentence.

We don't say: He didn't buy **nothing**.

We say: He didn't buy **anything**.

We often use compounds with **any** in interrogative and negative sentences.

5 Complete the dialogue between two friends using suitable compounds with **some, any** or **no**.

Olivia: Last night, I had a terrible nightmare. When I woke up, my heart was beating fast.

Ruth: What was your dream about? It must have been ^[1]_____ horrible!

Olivia: Well, at first I was ^[2]_____ near my house. I remember my family was there. The place was decorated but we weren't celebrating ^[3]_____. Suddenly, my family disappeared and I was all alone.

Ruth: Was there ^[4]_____ who wasn't a family member or were you completely alone?

Olivia: I don't remember. Maybe there was ^[5]_____ else but I'm certain that my relatives weren't ^[6]_____ near.

Ruth: What happened then?

Olivia: It became really cold and dark and I started walking home. But I didn't have ^[7]_____ on my feet and they hurt badly.

Ruth: And was your family at home?

Olivia: I don't know. I kept walking but I didn't get ^[8]_____. And I wanted ^[9]_____ to feel warm but I only had my dress.

Ruth: And you didn't meet ^[10]_____ in the streets, did you?

Olivia: No, and the worst part was when I looked at my feet and there was ^[11]_____ to continue walking, and I was on the edge of an abyss.



6 Listen to Janet talking about a nightmare she had last night and tick (✓) the correct option.

- Janet was on a stage with ... looking at her.
[] a lot of people [] [] nobody
- She was wearing...
[] a costume. [] [] nothing.
- It was something...
[] funny. [] embarrassing.



7 Work in pairs. Describe a strange, funny or frightening dream you once had. Use the questions below to help you. Try to use some compounds with **some, any** or **no**. Swap roles.

Where were you?

Who were you with?

What happened?

How did you feel? Anxious? Scared? Sad? Happy?

A: Where were you?

B: Somewhere dark and with lots of trees, maybe a big park or a forest.



8 In your notebook, write a short text about a dream your classmate once had. Use the information you collected in activity 7.

My classmate Nicolas had a very horrible nightmare last night. He dreamt that...

- 1 Warm-up: Read these sentences and decide if they are true (T) or false (F). Compare your ideas with your classmate and give reasons to support your answers.

- 1 We can have five dreams in one night. [] 3 We can't remember most of the dreams. []
2 Dreams can last for an hour. [] 4 The most predominant sense in dreams is our sight. []

- 2 Read the infographic and check your ideas in activity 1. Then answer the questions below.

Facts About Dreams

Dreams can be completely absurd, but they can also be a warning about things that will soon happen in your life. Dreams can also be a way for our subconscious to process things that we haven't had time to sort out in waking life.

Most studies indicate that the average person will have between four and six dreams every single night. But we typically can't remember around 95% of the dreams we have.

The dreams that you remember, which are also known as 'vivid dreams', will occur during REM sleep, a phase of sleep characterised by rapid eye movement.

Most studies show that dreams range from between five and twenty minutes in length.

Most dreams are predominantly visual, meaning that they appear like a film in your mind. It is rare for dreams to be based around our other senses, such as smell or touch.

Source: <https://www.thesymbolism.com/dreams/types-of-dreams/>

- 1 If you have four dreams at night, will you remember all of them the next day?

- 2 How long can a dream last?

- 3 What are dreams like?

- 4 When do 'vivid dreams' occur?

- 3 Look at the Sign Up to Grammar box. Then listen to some extracts from an interview with a specialist in dreams and complete the question tags with the auxiliaries in the box.

don't haven't won't does aren't

- 1 Standard dreams will show people you know and places you recognise, _____ they?
2 Nightmares typically happen during REM sleep, _____ they?
3 If you have a lucid dream, you are aware that you are dreaming, _____ you?
4 A daydream never occurs when the person is sleeping, _____ it?
5 Adults have had the same dream many times, _____ they?

#Useful Tip > Vocabulary

A homonym is a word with the same spelling and pronunciation as another word but it has a different meaning.

rare (adj.) = not common; very unusual

rare (adj.) = (of meat) cooked for a short time and still red
What other homonyms in English can you think of?



#Sign Up to Grammar

Question tags (in the past, present and future)

Question tags are formed with **auxiliary verbs**: *do, does, did, will*; etc.

We use question tags to seek or confirm information.

The question tag for 'I am' is 'aren't I?'. Example: *I'm a bit early for the appointment, aren't I?*

Affirmative Sentences

Flying **is** a common theme in dreams, **isn't** it?

You usually **remember** your dreams, ^[1] _____ you?

You **had** a nightmare last night, **didn't** you?

The doctor **specialises** in dreams, **doesn't** she?

Your nightmares **have been** recurring, ^[2] _____ they?

They **are going to have** bad dreams after watching the horror film, **aren't** they?

He **will write** down his dreams to analyse them, ^[3] _____ he?

Negative Sentences

She **isn't sleeping** well, **is** she?

You **don't go** to bed late, **do** you?

You **didn't dream** with a celebrity last night, **did** you?

He **doesn't have** nightmares, ^[4] _____ he?

You **have never dreamt** about being chased, **have** you?

They **aren't going to watch** the horror film at night, **are** they?

He **won't write** a book about common dreams, **will** he?



- 4 Complete the question tags in the Sign Up to Grammar box with four auxiliaries in activity 3.

- 5 Complete these rules with **affirmative** or **negative**.

If the sentence is in the affirmative form, the question tag is ^[1] _____.

If the sentence is in the negative form - or contains words like *never, nothing*; etc. - the question tag is ^[2] _____.

- 6 Match the phrases to make sentences. Pay attention to the question tags.

- You meditate before going to bed...
- Experts have frequently discussed...
- The brain is very active...
- In false awakening dreams, people think...
- Last night, I talked...

- [] the meanings of dreams, haven't they?
- [] during the REM stage, isn't it?
- [] in my sleep, didn't I?
- [] to reduce stress, don't you?
- [] they are awake, don't they?

- 7 Complete the table with **Yes** or **No** in the **Your ideas** column to make guesses about your partner's sleeping habits and dreams. Then take turns to check your guesses using question tags and complete **Your classmate's answers** column.

Sleeping and dreaming	Your ideas	Your classmate's answers
sleep 8 hours		
have had recurring dreams		
have never flown in dreams		
didn't have a nightmare yesterday		
will stop using the phone before going to bed		

A: You don't sleep 8 hours, do you?

B: Well, it depends. I sometimes...


- 8 In your notebook, write an interview about sleeping and dreaming for the school blog using the information about your classmate in activity 7. Include question tags.

You: So, you don't sleep 8 hours, do you?

Mel: Well, it depends. I sometimes...

You: And you...



- 1  Read this extract from an online article and complete the conditional sentences type 1 with the verbs in brackets in the correct tense.

○○○

Optimistic attitude

An optimist expects good things to happen in their life. Research has shown that if you [1] _____ (have) a positive mind, you [2] _____ (enjoy) health benefits and get more chances to achieve your goals as well.

How can you look on the bright side of things?

You [3] _____ (become) a more optimistic person, if you [4] _____ (appreciate) your present and [5] _____ (consider) challenges as opportunities to learn. And if you [6] _____ (be) worried about present events, you [7] _____ (feel) less stressed by practising mindfulness. Also, if you [8] _____ (write) down your positive emotions, you [9] _____ (improve) your mental well-being. And remember that having a positive attitude doesn't imply ignoring your negative feelings. If you [10] _____ (repress) them, you [11] _____ (not have) a healthy approach to positivity.

- 2 Read the text again and find the words to complete the categories in the table.

noun

[1] _____
[3] _____
[5] _____

adjective

[2] _____
[4] _____
[6] _____

adverb

healthily
optimistically
positively

- 3 Now, complete the sentences with your ideas.

- 1 When I feel stressed, I _____

2 If you only think about negative things, _____

3 When I face an obstacle in life, _____

4 At present, I appreciate that _____

- 4 Look at the photos and complete the sentences using *some, any, no + thing, where, body / one*.



- 1 _____ is living in the house because it's undergoing renovations.



- 2 My suitcase is almost ready. I hope I don't forget _____ at the hotel.



- 3 They all want to go _____ to relax.



- 4 It's waiting for _____ to open the door.



- 5 They have looked for the phone for hours but it isn't _____ in the house.



- 6 She's ordering _____ for lunch.

5 Complete this dialogue with question tags and the words in the box.

somewhere anybody anything (x2) nothing something

Mike: Hi, Lucy! Our final exams start on Monday, [1] _____?

Lucy: Yeah, but I'm not really happy about it.

Mike: Well, is [2] _____ ever happy about exams? I don't think so.

Lucy: I know! But I've had nightmares. Yesterday, I dreamt that I didn't have [3] _____ to do the test, not even a pencil. And when I tried to tell the teacher, [4] _____ came out of my mouth.

Mike: That's horrible! You should relax. There's still time and you have started studying, [5] _____?

Lucy: Well, I've borrowed Lisa's notes and they're really helpful. But I feel I haven't done [6] _____ yet.

Mike: OK, I'll tell you what. Come and study with me this afternoon after school. We can study for Science today because that will be our first test, [7] _____?

Lucy: Yes, and I really need help to understand at least [8] _____ about this subject. I think I'll go [9] _____ after school and buy some snacks for this afternoon.

Mike: That sounds great. So, we'll meet after school then, [10] _____?

Lucy: Sure! See you!



6 Now listen to the dialogue and check your answers in activity 5.

7 Complete the sentences with question tags.

- 1 You have never had nightmares before an exam, _____?
- 2 Your dreams are usually funny, _____?
- 3 You don't remember the details of your dream, _____?
- 4 You sometimes realise you're in a dream and control the events, _____?
- 5 You will change your sleeping habits to rest better, _____?
- 6 You didn't have bad dreams when you were a child, _____?

8 Now, work in pairs and take turns to check the ideas in activity 7.

A: You have never had nightmares...

B: Well, actually I have. Last week, I...

9 Write sentences about what you will do if the following things happen.

- * You wake up crying after having a nightmare.
- * You post a photo by mistake when you only wanted to share it with a friend.
- * You find money in the street.
- * Your crush invites you out.
- * You get locked inside your house.