

Game on!

6

VOCABULARY

Sports | Sportspeople | Sports collocations | Places to play sport | Sports competitions

GRAMMAR

Was/Were | There was/There were | Past simple affirmative: regular and irregular verbs



Collins is closer to the Olympics

▶ 0:25

SPORTS NEWS



Deveraux comes from last and wins the race!

▶ 1:32



Oliveira plays his last match

▶ 0:50



Wallis wins a gold medal for England

▶ 1:25



Di Angeli: 'It's great to be back!'

▶ 2:30



Lewis scores three points for New City

▶ 0:20

6.1 Vocabulary

Sport

- I KNOW!** Close your books. How many sports do you know? In pairs, make a list.
- 6.1** Study Vocabulary box A. Which sports are on your list from Exercise 1? Which sports are in photos A–F above?

VOCABULARY A Sports

baseball basketball cycling football ice hockey ice-skating judo roller skating running skiing swimming tennis volleyball

- Look at the sports website above. Which are your favourite sports to watch? To play?
My favourite sports to watch are ...
- 6.2** Study Vocabulary box B. Match the sportspeople with the sports in Vocabulary box A. Which words can go with more than one sport?

VOCABULARY B Sportspeople

cyclist player runner skater skier swimmer

- Complete the questions in the quiz with the correct form of words from Vocabulary box B.

SPORTS QUIZ



- To win this famous cycling race, *cyclists* do about 9,100 km in twenty-five days. What is the name of the race?
a Tour de France
b Trans-Siberian Extreme
c Cycle UK
- Michael Phelps is an American _____. How many Olympic swimming gold medals has he got?
a twenty-three
b eight
c eighteen
- Usain Bolt is a very fast _____. He's a world champion. Where does he come from?
a USA
b Ethiopia
c Jamaica
- When they race, ice _____ can go up to
a fifty-three km/h.
b ten km/h.
c twenty-four km/h.
- The first European _____ come from Norway. There are drawings of people skiing from
a 40 BC.
b 400 BC.
c 4,000 BC.
- Who is NOT one of the top 100 football _____ of all time?
a Pelé
b Novak Djokovic
c David Beckham

- In groups, do the quiz in Exercise 5. Go to page 137 and check your answers. What is your group's score? Which group has got the most points?
- 6.3 WORD FRIENDS** Complete the phrases with verbs from the website on page 74. Listen and check.
1 *play* a match/a sport
2 _____ a (gold) medal/a race
3 _____ a goal/a point
- 6.4** Complete the texts with the correct form of words from Exercise 7. Listen and check.

VIDEO



WIDER WORLD

- 26** Watch seven people talking about sport. Write down as many sports as you can.
- In groups, ask and answer the questions. Who is the most interested in sport?
1 How often do you play or do your favourite sport? How often do you win?
2 What other sports do you play?
3 Do you play any sports video games? Which ones and how often?
4 Do you ever watch sports live? Which ones?

What role does sport play in your life?



Chris



Erika



Beth



Kerry

Chris: Sport is in our family! I play basketball at school. I often ¹ *score* points for my team. My brother is a professional footballer. He's brilliant! He usually scores one or two ² _____ in a match!

Erika: I'm an ice-skater. I train every day - early in the morning before school, and then again after school. My dream is to win a gold ³ _____ in the Olympics!

Beth: Cycling is my life! I really want to win a big ⁴ _____ one day, like UCI Women's World Tour.

Kerry: I'm new to sport. My cousin is teaching me how to ⁵ _____ tennis. It's quite hard, but I'm learning fast.

- 1 6.5 Read and listen to the interview. Find information about the things below.

country champions crowd final score
number of teams year

country: China



Women's football

An interview with PE teacher Ms Dilks
By Jo Bisset

Jo: When was the first Women's Football World Cup?

Ms D: It was in 1991.

Jo: Was it in Europe?

Ms D: No, it wasn't. It was in China.

Jo: How many teams were there?

Ms D: There were twelve teams.

Jo: Which teams were in the final?

Ms D: It was Norway vs. the USA.

Jo: Was there a big crowd?

Ms D: Yes, there was. There were 63,000 people in the stadium.

Jo: What was the final score?

Ms D: It was 2-1 to the USA.

Jo: Were you there?

Ms D: No, I wasn't! I was born in 1990. I was only one year old in 1991!

- 2 Study the Grammar box. Find examples of *was/were* and *there was/there were* in the interview.

GRAMMAR

Was/Were,
There was/There were

+	-
I was in China. We were happy.	She wasn't in Brazil. They weren't sad.
?	
Were you there? Where was the match?	Yes, I was ./No, I wasn't .

there is/isn't → there **was/wasn't**
there are/aren't → there **were/weren't**

GRAMMAR TIME > PAGE 131

- 3 6.6 Complete the second part of the interview with the correct form of *was* or *were*. Listen and check.

Jo: Who's the best female footballer in the world?

Ms D: The American Megan Rapinoe, in my opinion. She ¹**was** the best player in the 2019 World Cup.

Jo: ²_____ the 2019 World Cup in the USA?

Ms D: No, it ³_____. It ⁴_____ in France.

Jo: Which teams ⁵_____ in the final?

Ms D: The USA vs. the Netherlands. The final score ⁶_____ 2-0.

- 4 Complete the dialogue between Emily and her grandmother with the correct form of *there was* or *there were*.

Emily: ¹**Was there** a girls' football team at your school, Gran?

Gran: No, ²_____. But ³_____ a hockey team.

Emily: ⁴_____ any boys in your hockey team?

Gran: No, ⁵_____, because ⁶_____ a boys' hockey team and a girls' hockey team. Every year ⁷_____ a hockey match – girls vs. boys. It was great fun!

- 5 6.7 In pairs, choose the correct option to complete the questions about a sports match. Listen and check.

- 1 What sport **was** / **were** it?
- 2 **The match was** / **Was the match** in a stadium?
- 3 When **was** / **were** the match?
- 4 How many players **was** / **were** there?
- 5 **There was** / **Was there** a big crowd?
- 6 What **was** / **wasn't** the final score?
- 7 **Was** / **Were** you the best player?
- 8 **Was** / **Were** there a prize?

- 6 In pairs, use the questions in Exercise 5 to talk about a time when you were a player in a sports match.

A: *What sport was it?*

B: *It was volleyball.*

A: *Was the match in a stadium?*

B: *No, it wasn't. It was in a gym at school.*

YOUR WORLD

- 1 What sports are popular in your country? Do you know any unusual sports?

- 2 6.8 Check you understand the words below. Then read texts 1-3. What sport is each text about?

basket cage chase away hole pigeon

- 3 Read the texts again and answer the questions.

- 1 Where does Rufus 'work'?
- 2 Who was the first 'bird chaser'?
- 3 How many players were there in early basketball teams?
- 4 Who was inside the cage on basketball courts?
- 5 What can't cycle ball players use?
- 6 How old is cycle ball?

- 4 6.9 Study the Vocabulary box. Which places are mentioned in the texts?

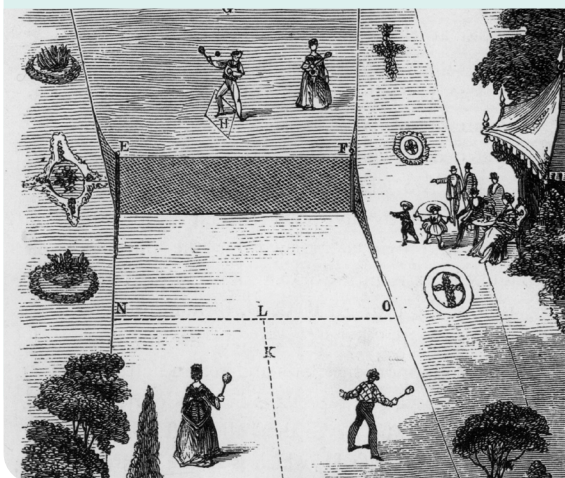
VOCABULARY Places to play sport

basketball court football field/pitch running track
swimming pool tennis court

- 5 In pairs, complete the text with words from the Vocabulary box in the correct form.

Did you know?

- 1 An Olympic swimming **pool** is 50 m x 25 m and it can hold 2,500,000 litres of water.
- 2 Most running _____ are 400 m long.
- 3 In NBA, the three-point line on a basketball _____ is 7.24 m away from the basket.
- 4 The oldest football _____ is Sandygate Stadium in England. It first opened in 1804.
- 5 The picture below shows the shape of the first tennis _____.



SPORTS

fun facts

Here are some interesting facts about sports.



- 1 Rufus the hawk has an important job: he keeps pigeons away from the tennis courts at Wimbledon. Before Rufus, birds were a big problem for tennis competitions because they were everywhere. Now Rufus chases them all away. Before him, there was Hamish, another hawk, but Rufus is a lot more famous. Check him out on social media!



- 2 In its early days, basketball was a very different sport from the one we play now:

- There were nine players in each team and the game was only thirty minutes long.
- The basketball court was about half the size of today's courts.
- The baskets were real baskets without a hole at the bottom.
- In the early 1900s there was a big cage around the players to stop the ball from hitting the fans.

- 3 Cycle ball, or radball, is like football, but the players can only move the ball with their bikes – no hands or feet! It isn't a new sport – it dates back to the year 1893. The countries with the most medals in cycle ball are Germany, the Czech Republic and Switzerland.



- 6 In pairs, ask and answer the questions.

- 1 Are there any places to play sport where you live?
- 2 Do you ever play sport there?
- 3 Which place is your favourite? Why?
There's a ... in my town.
I (usually) play ...
My favourite place is ... I like it because ...

YOUR WORLD

VIDEO THE RUNNING COMPETITION

Mr H: Well done, Noah! You won the race!
 Noah: What? No, Mr Harris, that's not right!
 Mr H: Excuse me for a moment.
 Noah: Wait, please. I wasn't ...
 Mia: I saw you, Noah! We all followed the signs and went round the park, but you ran through the park!
 Noah: It was a mistake! I got lost! I saw a man running, so I followed him. I tried to tell Mr Harris.
 Mia: Really?
 Noah: Yes, but the man wasn't a runner. He wanted to take photos for the school website and he ran through the park to be at the finish line before anyone else. That's him, over there!
 Mia: Oh, I see. Look, he's taking a photo of us now.
 Noah: Come on, let's find Mr Harris and tell him.
 Mia: Cheer up, Noah. At least you were a winner for ... a minute!



1 27 6.10 Watch or listen. Who is the real winner?

SET FOR LIFE

2 What do you usually do when you make a mistake? Discuss in pairs. What is the best thing to do?

- tell people who should know and say sorry
- wait until someone finds out and then say sorry
- when someone finds out, say it wasn't your fault

3 Study Grammar box A. Write the Past Simple form of the verbs below. Then find the verbs in the dialogue and check.

follow try want

GRAMMAR A Past simple affirmative: regular verbs

wait – waited like – liked jog – jogged carry – carried

Time expressions: *this morning, yesterday, last night, last week, last month, last year*

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4 6.11 Listen and repeat. Then write the verbs from Grammar box A in the correct column.

/d/	/t/	/ɪd/
called	watched	ended
followed	danced	wanted

5 6.12 Find the Past Simple form of these verbs in the dialogue and complete Grammar box B. Listen and check.

GRAMMAR B Past simple affirmative: irregular verbs

go – *went* see – _____
 get – _____ win – _____
 run – _____

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6 6.13 Complete Lily's story with the Past Simple form of the verbs in brackets. Listen and check.

I ¹*went* (go) for a run in the park yesterday. When I ²_____ (finish), I ³_____ (sit) on a bench. There was a book on it. Inside it, I ⁴_____ (find) two tickets for a tennis match. Then I ⁵_____ (see) a young man. 'That's my book!' he ⁶_____ (say). 'Were there any tickets inside it?' I ⁷_____ (smile) and I ⁸_____ (give) him the tickets. 'Do you like this book?' he ⁹_____ (ask). 'You can keep it!' I ¹⁰_____ (look) at the title of the book. It was *Not Your Lucky Day!*

YOUR WORLD

7 Go to page 137. In pairs, take it in turns to make a sentence in the Past Simple. Your partner must guess if your sentences are true or false.

A: *I went jogging in the park last week.*
 B: *False!*
 A: *No, it's true. One point for me!*

- Are you more often happy or sad when you watch your favourite sports player or team?
- 6.14 Study the Vocabulary box. Check you understand the words.

VOCABULARY Sports competitions

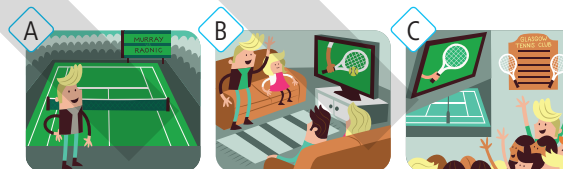
cup final league semi-final tournament

3 6.15 Listen to a radio programme and match the sentence halves to make true sentences about the speakers.

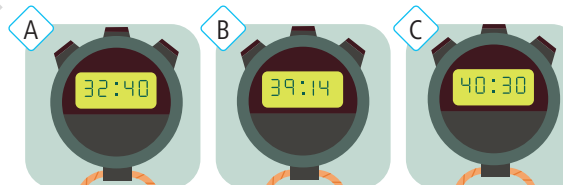
- | | |
|----------------------------------|------------------------|
| 1 <input type="checkbox"/> Finn | a ran in a race. |
| 2 <input type="checkbox"/> Emma | b is a sports fanatic. |
| 3 <input type="checkbox"/> Sam | c talks about 2016. |
| 4 <input type="checkbox"/> Mason | d tells a sad story. |

4 6.15 Listen again and choose the correct answer.

1 Where was Finn when Andy Murray won Wimbledon?



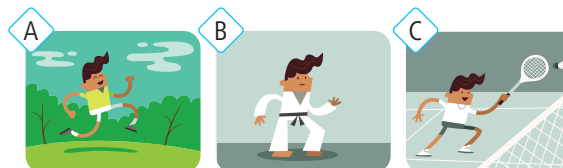
2 What was Emma's best time for ten kilometres before last Sunday?



3 How much were the train tickets that Sam bought?



4 What does Mason do every day?



5 6.16 WORD FRIENDS Complete the phrases with the verbs below.

do go lose play (x2) win

- win* a game/a match/a tournament
- _____ a game/a match/a tournament
- _____ aerobics/exercise/judo
- _____ cycling/jogging/running/swimming
- _____ badminton/football/tennis
- _____ for a team

6 Complete the sentences with the correct form of the verbs in Exercise 5.

- Andy Murray *won* the Wimbledon tennis tournament in 2016.
- Emma often _____ running.
- Liverpool were in the cup final, but they _____ the game 2–1.
- Jim _____ jogging every morning. At weekends he _____ badminton and he _____ judo. He _____ for the school football team.

7 6.17 Choose the correct option. Listen and check.

I love sport. I often ¹*do* / *go* cycling and I ²*do* / *play* gymnastics after school, but my favourite sport is basketball. I ³*go* / *play* basketball a lot. I ⁴*play for* / *win* my school team. This year we ⁵*scored* / *won* our first three matches in the national tournament. In the final, I ⁶*lost* / *scored* twenty points! I was really happy.

VIDEO

WIDER WORLD

8 28 Watch six people talking about sporting moments. Tick (✓) the competitions they mention.

- | | |
|--|--|
| <input type="checkbox"/> European Championship | <input type="checkbox"/> Global Cup |
| <input type="checkbox"/> Grand National | <input type="checkbox"/> Olympic Games |
| <input type="checkbox"/> World Championship | <input type="checkbox"/> World Cup |

9 In groups, talk about a sporting moment when you were really happy or sad. Use the phrases in Exercise 5.

I play for my school team and last week we ... I scored ... I was really happy!

6.6 Speaking

Talking about hobbies and interests

VIDEO WHAT ARE YOUR HOBBIES?

Adam: Do you play basketball?
 Mia: Yes, I do. I'm very keen on sports.
 Adam: Me too. Lena isn't interested in sports at all. What other things do you do in your free time, Mia?
 Mia: I love fashion. I made this T-shirt myself.
 Adam: It looks really cool! You're not into fashion, Lena, are you?
 Lena: Well, I've got other interests.
 Adam: Like what?
 Lena: You know – I play the guitar, I write songs, I'm a big fan of *Mrs Myers' Mysteries* ...
 Adam: Are you a fan of *Mrs Myers' Mysteries*, Mia?
 Mia: The TV show? No, not really.
 Adam: Do you play any musical instruments?
 Mia: No.
 Adam: Are you into shopping?



Mia: Oh yes, I love shopping!
 Adam: But Lena hates shopping. How can you two be friends? You don't like the same things!
 Mia: We just like ... like hanging out together?
 Lena: That's it!

SOUNDS GOOD! Me too. • Like what? • That's it!

- ▶ 29 6.18 Watch or listen. What do both Mia and Adam like doing?
- Study the Speaking box. Find examples of the phrases in the dialogue.

SPEAKING Talking about hobbies and interests

What are your hobbies/interests?
 What do you do in your free time?
 Are you into sports?

I go running/swimming.
 I do a lot of sport/dancing.
 I play video games/football.
 I hang out with my friends.
 I (don't) like running. I love shopping.
 I'm (very) keen on sports.
 I'm a big fan of skateboarding/this TV show.
 I'm interested in sport. I'm (really) into fashion.
 Not really. I'm not (really) into sport.

- Complete the text with one word in each gap.

My whole family are ¹into sports. My dad
² running every morning. My sister's
³ on ice-skating – she wants to be in
 a TV ice-skating competition. Mum's a big
⁴ of exercise too. She ⁵
 a lot of dancing and swimming. I'm interested
⁶ water sports.

- 6.19 Complete the dialogue with sentences a–f. Listen and check.

Kate: Are you into sports?
 Jack: ¹*Yes, I am. I'm very keen on football.*
 Kate: Do you play any other sports?
 Jack: ² _____
 Kate: What are your other hobbies and interests?
 Jack: ³ _____
 Kate: Do you watch TV?
 Jack: ⁴ _____
 Kate: Really? I love TV! What's your favourite game?
 Jack: ⁵ _____
 Kate: What else do you do in your free time?
 Jack: ⁶ _____
 Kate: Me too!
 a I'm not very keen on it. I prefer video games.
 b I'm really into music. I listen to it all the time.
 c I do a lot of cycling and I play table tennis.
 d I like hanging out with my friends.
 e *Doughnut Race!* I play it every day.
 f Yes, I am. I'm very keen on football.

- In pairs, ask and answer about your hobbies and interests. Use the Speaking box and the dialogue in Exercise 4 to help you. Tell the class about your partner.

YOUR WORLD

6.7 Writing

A report

- Look at the photo. What is a tug of war? Do you think it is fun? Why?/Why not?
- Read the report and answer the questions.
 - Who wrote the report?
 - What is it about?
 - Is it a positive report in general?
 - What is the negative comment?
 - What was the best part of the day?
- Study the Writing box. Find examples of the phrases in the report.



Penny Hall reporting on: A charity sports day

WRITING A report about a sports event

What, when, where

Last weekend/Saturday I went to a charity sports day/a football match.
 Two days ago I took part in a charity walk/run/race.
 It was/It took place in Hamilton Park.

1 Details and opinions

There were about/over 200 people at the event.
 There were lots of fun things to do.
 Our team won the match 3–2.
 The event/match was exciting/boring.
 The food was excellent/disappointing.

2 Best/Worst part

The best/worst part of the event/match was ...

3 General opinion

In general, it was a fun/boring event.
 Overall, it was a good/terrible experience.

- Study the Language box. Find examples of adverbs of degree in the report in Exercise 1.

LANGUAGE Adverbs of degree

Use **quite**, **(not) very** and **really** before adjectives to comment on how good or bad something is.
The food was quite expensive.
The singing wasn't very good.
The match was really exciting.

- Think of a sports event you went to. Write sentences about the event using adverbs from the Language box.

I went to a tennis match last June. The game was really exciting. The food wasn't very good.

Last Saturday I went to a charity sports day. It was for the Selsby Animal Shelter and it took place in Hamilton Park. There were over 200 people at the event and lots of fun things to do. My favourite things were the tug of war and the skateboarding competition. There was also food and a local band. The band was very good, but the food was quite disappointing.

The best part of the day was a football match between children and parents. The children won the match 2–1. It was really exciting.

In general, it was a fun event and everybody enjoyed it.

WRITING TIME

- Write a report about a sports event you attended.

1 Find ideas

Make notes for your report. Think about:

- the type of event, time and place.
- the best/worst parts of the event.
- the important details.
- your general opinion of the event.

2 Plan

Organise your ideas into paragraphs. Use Penny's report to help you.

3 Write and share

- Write a draft report. Use the Language box and the Writing box to help you.
- Share your report with another student for feedback.
- Write the final version of your report.

4 Check

- Check language: did you use the correct adjectives and adverbs of degree?
- Check grammar: are the verbs in the correct form of the Past Simple?

WORDLIST 6.20

Sports

baseball (n)
basketball (n)
cycling (n)
football (n)
ice hockey (n)
ice-skating (n)
judo (n)
roller skating (n)
running (n)
skiing (n)
swimming (n)
tennis (n)
volleyball (n)

Sportspeople

cyclist (n)
player (n)
runner (n)
skater (n)
skier (n)
swimmer (n)

Word friends

(sports)
play a match/a sport
score a goal/a point
win a (gold) medal
win a race

Places to play sport

basketball court
football field/pitch
running track
swimming pool
tennis court

Sports competitions

cup (n)
final (n)
league (n)
semi-final (n)
tournament (n)

Word friends

(sports)
do aerobics
do exercise

do judo
go cycling
go jogging/running
go swimming
lose a game/a match
lose a tournament
play badminton
play football
play for a team
play tennis
win a game/a match
win a tournament

Extra words

ball (n)
basket (n)
be a fan of
be interested in
be into
be keen on
bike (n)
champion (n)
championship (n)
charity walk/run (n)
competition (n)
crowd (n)
disappointing (adj)
do gymnastics
event (n)
fan (n)
finish line (n)
hang out with friends
hobby (n)
hold (v)
interest (n)
jog (v)
sports day (n)
sports fanatic (n)
sportspeople (n)
stadium (n)
surf (v)
team (n)
(the) Olympics (n)
(the) World Cup (n)
train (v)
winner (n)
yoga (n)

1 Use the wordlist to find these things.

- two sports places with the word *court*
basketball court, ...
- three winter sports
- five ball sports
- five sports with races

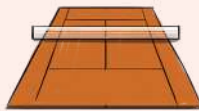
2 Match pictures 1–9 with words from the wordlist.



1 judo



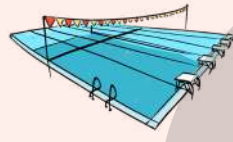
2 _____



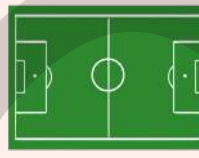
3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____

3 Choose two correct options in each item. Use the wordlist to check your answers.

- win a race / a medal / a goal
- do judo / baseball / exercise
- go cycling / running / tennis
- a swimming / tennis / basketball court

4 Complete the sentences with words from the wordlist. Then, in pairs, say if the sentences are true for you.

- I sometimes win races on school sports days.
- I often _____ cycling with my friends at the weekend.
- My dad doesn't _____ much exercise.
- My friend plays _____ a basketball team.
- I hate it when my team _____ a game.

5 6.21 PRONUNCIATION In pairs, listen and find one word in each group with a different pronunciation from the others. Look at the underlined letters to help you.

- final time life ticket
- tennis cycling swimming pitch
- try miss finish win

6 6.22 PRONUNCIATION Listen, check and repeat.

Vocabulary

1 Complete the sentences with one word in each gap.

- It was a fantastic football match. The team played really well, and I scored two goals.
- Before a tournament, I train for an hour a day in the gym and two hours on the tennis _____.
- We cycle 150 kilometres a day for five days. I want to come first and _____ the race!
- In a typical week, I go to the _____ pool twice a day, six days a week.
- I took my shoes off at the end of the race, and I think I left them next to the running _____!

2 Who is speaking in Exercise 1? Write the names of the sportspeople.

1 *football player*

3 Complete the questionnaire with the words below. Then, in pairs, ask and answer the questions.

final go loses matches medals play pool team

Sports questionnaire

Sport and you

- Do you play any sports? Do you play for a _____?
- Do you sometimes _____ running in the park?
- Do you live near a swimming _____? How often do you go swimming?

Your favourite team

- Which is your favourite sports team? Do they usually win their _____?
- How do you feel when your team _____?

Sport on TV

- Did you watch the _____ of the last football World Cup?
- Did your country win any gold _____ in the last Olympics?

Grammar

4 Choose the correct option.

The strangest race ever



The men's marathon at the 1904 Olympics ¹was were one of the strangest races ever. ²They / There were thirty-two runners in the race, but only fourteen finished.

It was a very hot day and there ³wasn't / weren't any water for 17 km. The roads ⁴was / were full of cars and people, so it was very dangerous.

The first runner to finish ⁵was / were an American, Fred Lorz. But for 18 km of the race, he ⁶was / were in a car! So the winner of the gold medal ⁷was / were the man in second place, Thomas Hicks. He was very ill during the race, and his team carried him over the finish line! It ⁸wasn't / weren't a fast race. In fact, it was the slowest marathon in Olympic history!

5 Make sentences in the Past Simple.

- we / walk / to school / this morning
We walked to school this morning.
- Sam / have / toast for breakfast
- I / run / five kilometres / last weekend
- Josh / text / a friend / last night
- we / see / a good film / last week
- they / go / to France / last summer

Speaking

6 Order the words to make questions about free time. Then, in pairs, ask and answer the questions.

- you / into / fashion / are / ?
- keen on / video games / are / you / ?
- you / skateboarding / are / a fan of / ?
- sport / you / interested in / are / ?
- your / other hobbies / what / are / ?

A: *Are you into fashion?*

B: *Yes, I am. I love clothes!*

Dictation

7 6.23 Listen. Then listen again and write down what you hear during each pause.



Don't give up!



- 1 Look at the photos. How are the people feeling? Can you guess what the situation is in each photo?
- 2 Read the online posts. Do not read the replies yet. What problems do Sara and Matt have?

- 3 Read the replies to the posts. Which suggestion do you think is better? Can you think of any other suggestions?

- 4 6.24 Listen to Sara and Matt explaining what they did next. Complete the sentences with *Sara* or *Matt*.

- 1 _____ tried to solve the problem.
- 2 _____ walked away from the problem.
- 3 _____ is happy with his/her decision.
- 4 _____ is sorry about his/her decision.

1 SaraJane

I'm the captain of the school football team and we are TERRIBLE! We played a match at the weekend, and we lost 6-0! It's really disappointing. 😞 I don't know what to do.

Gracie909

Why don't you speak to your team? Discuss what's wrong and ask them to try harder.

JJtheGreat

That's easy – just tell them that you don't want to be captain any more. Then leave!

2

Matt07

Three of my friends are in a band. They're really good! I love playing the guitar too, but they never ask me to be in the band. 😞 I guess they need someone who can play really well – and that just isn't me at the moment. What can I do?

Simone33

Just forget about the guitar and find a new hobby!

DazB

What about looking for some guitar lessons? You can learn online for free.

- 5 Think about a time when you had a problem like Sara's or Matt's. Complete the notes.

- 1 What was the problem?

- 2 Tick (✓) the emotion(s) you felt. Were you:
 sad? upset? disappointed?
 angry? worried? calm?
- 3 Tick (✓) the things you did.
 I tried to relax.
 I tried to forget about the problem.
 I talked to someone about the problem.
 I tried to solve the problem on my own.
 I ate junk food.
 I did some exercise.
- 4 Do you think you solved the problem?
 Yes No

- 6 Which of the things you ticked in Exercise 5 helped you in your difficult situation?

- 7 Read the Useful Tips. In pairs, discuss the questions.
 - 1 Think about your answers in Exercise 6. Are you strong in difficult situations?
 - 2 Which tips can help you be stronger next time you have a problem?

SET FOR LIFE

- 8 In pairs, create some 'positivity cards'. Follow these steps.

- 1 Think of short, positive messages or instructions to help you when you meet a problem in the future.
- 2 Write them on small cards or design some cards digitally.
- 3 Add pictures or decoration if you want.
- 4 Present your cards to the class.

Don't give up!
You can do this!

Feeling down?
Go for a walk!

LIFE IS SOMETIMES HARD. ALWAYS BE KIND TO YOURSELF!

USEFUL TIPS

Problems are a normal part of life. It's important to stay positive and learn how to stay strong in difficult times.

Find someone to talk to about your problems.

Think about all the positive things in your life.

Remember other problems that you solved.

Think about the things you can change.

Take care of yourself. Sleep, exercise and eat well.

Find ways to relax.

Don't give up!
Stay positive!

