

**1. Answer the following questions according to the text.**

**a)** What does the writer say about our routines?

.....

**b)** According to the writer, what list can you make to help you feel happy?

.....

**c)** What can happen if you say yes to something you would normally say no to?

.....

**2. Circle TRUE or FALSE. Correct the false statements.**

**a)** Scientists say that colours don't change our mood.

**TRUE      FALSE**

.....

**b)** Wearing different colours makes you feel shy.

**TRUE      FALSE**

.....

**c)** Many people aren't strict about their rules.

**TRUE      FALSE**

.....

**d)** Exploring new restaurants can help you become happy.

**TRUE      FALSE**

.....