

**1. Complete the gaps (1 - 5) with the sentences (a - e).**

- a) Then when you are not at the lesson, you can practise your skills until you feel good, proud of your progress and happy.
- b) Be a good listener, keep secrets, encourage your friend, and share things with her or him.
- c) Some people seem to be really unlucky but they are still happy.
- d) Take pleasure in our beautiful world and feel happy.
- e) Watching films or videos about animals can cheer you up if you are feeling a bit down.

**2. Answer the questions. Give short answers.**

- a) Why is it important to do things that are part of family traditions?  
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- b) What does the phrase "have a go" mean?  
..... \*
- c) Why does the writer suggest spending time around pets?  
..... \*
- d) Why do you think helping others make us happy?  
..... \*