

READING

Read the article about the importance of play and answer the questions (1–5). An example (0) has been done for you.

The Importance of Play

In modern life adults have to work hard so there isn't a lot of time for play. Play is important in childhood but somewhere we lose this when we become adults. And when we have free time, we often watch TV or sit in front of the computer alone. But there are many good reasons for adults to have fun with other people.

One reason why having fun with others is important is because we can forget about work and other stress in our lives. Spending time with friends and family relaxes us. Most people enjoy going to the park and playing soccer or chatting with a friend in a coffee shop.

Play can also be good for our brains. Think about board games like chess. They can help improve memory and problem-solving. Of course, we can play them online, but it's good to leave your computer off and actually meet someone in real life.

Children love playing and this is usually the time when they can learn well. The same is true with adults. We can learn and have fun, so we remember what we learn. When we remember what we learn, it can help us to pass an exam or do well at work. This isn't always true, like when we are doing something boring, it is more difficult to remember what we learn.

And another thing. Having fun can make relationships with friends and family strong. Think about a time when you were busy and you went on a beach vacation or got tickets for a rock concert. Did you go with friends or family? Was it good because they were there? I'm sure the answer to both questions is 'yes'.

Finally, when you play like a child, you feel like a child and have new energy for life. This helps us to stay healthy. So what are you waiting for? Get your passport ready and plan a vacation! Or simply meet a friend for coffee. Let's have fun!

0 Why don't adults play?

They have to work hard so they don't have time.

1 What is the first reason to have fun?

2 Is it good to play chess online?

3 What happens when we do something we don't like?

4 How does having fun change relationships?

5 How does new energy for life help us?

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LISTENING



6 Listen to five people talking about a present someone gave them. Match each speaker with the reason it is special (a–f).
An example has been done for you.

- | | | | |
|---|--|--------|----------------|
| a | someone made it for this person | Joe | — |
| b | because it was from a happy event with a family member | Helen | — |
| c | because this person came first in a competition | Marisa | — and <u>f</u> |
| d | because it's something very old and special | Robert | — |
| e | because it helped the person work hard at school | Geoff | — |
| f | because it was passed down in the family | | |

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WRITING

Write a personal profile about a friend or family member. Try to use 'so' to connect your ideas and write about what they like doing and why. Write the personal profile in 80–100 words.

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Total: ___ / 15