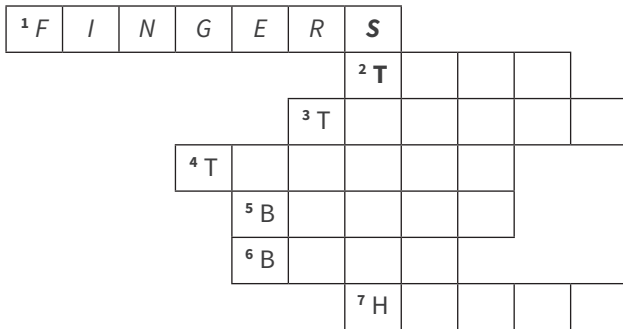


**1** Read the clues and complete the puzzle. What is the mystery word?



- 1 Most people have eight of these on their hands.
- 2 Most people have ten of these on their feet
- 3 You can find this in your mouth.
- 4 Most people have two of these on their hands.
- 5 This is what controls the body.
- 6 This is always behind you.
- 7 This sends the blood around the body.

**Mystery word:** .....

**2** Choose the correct options to complete the sentences.

- 1 I banged my foot in my fitness class and hurt my (toe) / finger.
- 2 Kasim was playing football yesterday when he hurt his ankle / blood.
- 3 She cut herself on a piece of glass and lost a lot of blood / brain.
- 4 I've had a bad cold for days and now my left ear / brain hurts, and I can't hear very well.
- 5 I was sitting at my desk studying all day and now my ankle / neck is sore.
- 6 'Right! So, you say your mouth hurts. Stick out your tongue / ear please.'
- 7 I've just run for 30 minutes and my stomach / heart is beating really fast.
- 8 Mum always wears her wedding ring on the fourth finger / toe of her left hand.
- 9 Scientists believe that the right side of the heart / brain is more creative.
- 10 I think I ate too much, my thumb / stomach feels very full.

**3** Match the words in the box to the definitions.

angry	confident	embarrassed	friendly
lonely	<del>lazy</del>	surprised	
unhappy	upset	worried	

- 1 make no effort to do something ..... lazy .....
- 2 believe you can do anything .....
- 3 feel shy or ashamed .....
- 4 feel sad because you are alone .....
- 5 think about negative things that might happen .....
- 6 an unexpected feeling .....
- 7 be helpful and kind to other people .....
- 8 not pleased with a situation .....
- 9 to want to shout at someone when they do something you dislike .....
- 10 feel sad and unhappy .....

**4** Complete the sentences with words from Exercise 3.

- 1 I'm feeling u n h a p p y because I don't want to leave this school.
- 2 Grace was very u \_\_\_\_\_ when her dog died and cried for days.
- 3 I was so e \_\_\_\_\_ r \_\_\_\_\_ when Tom didn't recognise me at the party.
- 4 I've practised the piano every day, so I'm c \_\_\_\_\_ I'll pass the exam.
- 5 I'm really w \_\_\_\_\_ about our cat, I haven't seen it for three days now.

**5** Complete the text with the words in the box.

brain	<del>confident</del>	embarrassed
have fun	heart	lonely
spend time	upset	worried

What kind of person are you? Are you usually happy and <sup>1</sup> confident? Or do you get <sup>2</sup> ..... easily? Teenagers are under a lot of pressure nowadays and it's not uncommon for them to be <sup>3</sup> ..... about their body and its changes. They may also feel <sup>4</sup> ..... because they don't know who they can talk to. People can also often feel <sup>5</sup> ..... and uncomfortable talking to other people about their bodies or health issues. Taking care of yourself is one way to feel better. Eating healthily means a healthy body and exercise is good for your <sup>6</sup> ..... It's important to sleep well too because sleep recharges the <sup>7</sup> ..... and provides energy for the following day. Obviously, you need to study but it's important to <sup>8</sup> ..... too, so make sure you <sup>9</sup> ..... with your friends.