It's important to think carefully and ask yourself some questions to decide if a choice you're making is good or bad. Let's say you're at school and you hear people making fun of someone in your class.

Write what you would do.

Choose one of the following solutions and write about it:

- · to be kind.
- to defend your colleague who is being bullied. (SB Page 44)

If I were in class and heard some students making fun of someone. I would defend her\him and stop them. I couldn't stand still. I will help her because bullying makes her upset and depressed. I also advised her to ignore them and hang out in groups. So they couldn't annoy her.

She was grateful for my support. She promised to tell our principal and parents about that. Finally, bullying has a negative effect and can cause long-term problems to the victim.

Write a short biography about a famous person you know about. (AB page 36)

Mark Zuckerberg is one of the famous and well-known personalities. He is the founder of Facebook.

He was born in 1984 in New York, USA. Since his childhood, he was obsessed with programming and computer. His first invention was a program through which people could communicate with his father in his clinic. When he grew up, Mark joined Harvard University. He made a limited social network to connect with his friends. With work and determination, Facebook becomes a global and social network site in all over the world.

Finally, Mark isn't old but he influences the whole world.

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Complete the following paragraph with the suitable adjectives from the box. (SB page 29)

I have a unique family. All the members of my family are flexible and open minded They always promote me to do well in every field. They never pull me back. I am very happy to get birth in this family. My family is an extended family where my uncles, aunts, grandparents, cousins, etc. live together. I have great time with my family because we celebrate each festival together. I help other kids in family in doing their home works daily.

Fill in the gaps with words from the box to complete this paragraph.(SB Page 39)

We set out for a day trip quite early at 5 a.m. First, I was over the moon shortly after starting the trip to the village. After a long drive, we got to the village; we rented some bikes to cycle around the village. Then we visited some 400-year-old ancient houses and had a look at communal houses where the local people gathered for festival celebrations or public meetings. After that, we had lunch and the food was wonderful. In the afternoon, we joined a cooking class with the villagers who were friendly and clever at making traditional cakes. We enjoyed everything in the village. Finally, we hoped that we can have a longer trip to the countryside down the road if we had more time.

Write a short paragraph about the planes of the future. Include both facts and opinions about this means of transport. (AB page 25)

Airplanes will be changed in the future. I think future planes will be more friendly to environment. They will depend on electricity and solar panels. Harmful emissions will be reduced. They will be faster, quieter and cheaper. So People can save time and money. In my opinion, there will be private airplane like air taxi to avoid traffic jam.

Finally airplanes technology will develop to make our life easier and more comfortable.

Write about a decision you have made recently. What are the steps you have followed? (AB Page 31)

My important decision was in 2019 when 1 decided to stop smoking. I suffered from heart disease. I was ill and unable to run or breathe well. First, I found some difficulty because I used to smoke a lot. But later my health improved. I became healthier. I also saved money because smoking was expensive. Now I am doing exercises. I feel strong and energetic. My family are happy because they don't have to smell smoking. It has been my best decision ever.

one.(SB page 11)

Order the following three parts of a paragraph to compose a well-organized Think of a job you would like to have in the future and how it will make a

(AB Page 9)

The benefits of volunteering can be enormous. Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier.

Researchers also say that nearly half of volunteers enjoy improved health and fitness, and a quarter lose weight - especially those working with children. Two-thirds feel less stressed. So, it seems that volunteering may improve your life. To sum up, by volunteering you can make a huge difference.

It is important to set a goal and seek to achieve it.

I am still a student but I have a dream. I would like to be a doctor. I like treating people and giving them the right cure so the pain goes away. My parents also support me. This dream requires a lot of efforts. I mustn't waste time. I must study hard and get high grades.

difference to your life and to others' lives.

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Finally, my dream is big but I hope it will come true.

Helping your disabled neighbour (SB Page 16)

personal initiative (AB Page 15)

Ahmad needs help to overcome his disability. First, I take a chance and greet him. I introduce him to my friends. So he gets self-confidence. Second, I invite him to play basketball with us. Then, we go for a walk and talk about his problems. Finally, I take him to my house to draw and play piano. To sum up, disabled people are part of our society. They need respect, acceptance and understanding.

Blood donation could save people's lives. To make it work, I must follow these steps. First step is to announce it in the school magazine. So people know about it. Second step is to assign tasks to the teamwork. Some make a list of people who need blood. Some create posters about the benefits of blood donation. Then, we distribute these posters to people. Last, we need to encourage our families to donate.

To sum up, personal initiatives make the community stronger and helpful.

My life in twenty year time (SB page 25)

Imagine how your future house will be and write a paragraph about it. (AB Page 19)

In twenty years' time I will be over thirty years old. I will be married and we will have two children. I will have a good job. I will be an English teacher because it's my favourite subject. We will have a nice house but it will not be very big. We will spend a lot of time playing with our children. I'm interested in music, so I will have a wonderful music collection. We will only get our music from the Internet. I will play traditional folksongs very well because I'm learning them now.

I always imagine how my future house will be. It will be large and spacious for the whole family. It will be two floors. In front of it, I want a big garden. I will plant vegetables and fruits. In the back, There will be a swimming pool. So my children will play and have fun. There will be a garage for my beautiful car. To sum up, my future house will be a place of joy, peace and beauty.