

Answer Key

1.

Speaker	Problem	Suggestion
Ms. Carter	Notices students are quiet	stretching with happy music
Tom	too hot during P.E.	—
Sofia	too tired after running	—
Brian	—	having a break
Daisy	—	stretching for two minutes

2.

1. Go for a walk in the park – (Emma's suggestion)
2. Drink herbal tea – (Anna's suggestion)
3. Talk to a pet/dog – (Tom's suggestion)
4. Take a short nap – (Emma's second suggestion)

3.

1. Ruth suggests planning a fun trip after the work
2. Because the mind needs rest to perform better.
3. He is upset because he missed an event.
4. Create a new event with close friends.
5. They want to help and support their friends.

4.

1. Because talking to someone you like can give you support and help you feel connected.
2. A short walk with fresh air and sunlight can help improve your mood.
3. Songs with fast beats or fun lyrics can help change how you feel quickly.
4. You should avoid too much coffee or sugar when feeling low.

5. Sample Answers

1. When I feel sad or tired, I usually listen to music or go for a walk.
2. I want to try calling a friend next time.
3. After school, I like playing computer games to relax and clear my mind.
4. I like talking to my close friend because she understands me.

6. Sample Answers for the picture A.

1. I see a calm lake with a wooden pier stretching out into the water.
2. This image makes me feel peaceful and relaxed.
3. The warm and soft colors like pink and orange create a cozy and calm feeling.
4. I feel calm and hopeful when I look at this painting.
5. Yes, it reminds me of a family trip to a lake last year.
6. Calm.