

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**UNIT 7 (TEST B)**

1.  Listen and complete the sentences with *something*, *somebody* or *somewhere*. (5 x 0.2 = 1)

**Most common teen dreams**

If in your dream...

1. ... you're chased, you might be trying to avoid \_\_\_\_\_.
2. ... you are naked \_\_\_\_\_, you feel exposed.
3. ... you fail a test, you're worried that you may disappoint \_\_\_\_\_ important for you.
4. ... you lose property, you think that \_\_\_\_\_ valuable for you is at risk.
5. ... you're \_\_\_\_\_ unknown, it indicates that you feel vulnerable.

2. Read George's dream narrative and write true (T) or false (F). Correct the false sentences. (5 x 0.2 = 1)

When I was a child, I used to have a recurring dream and wake up at night crying. My dream usually started well but then turned into a nightmare. I was always on holiday having a great time with my family at the beach. We were all having fun playing games or swimming in the sea. It was always sunny and warm and I usually decided to go to the bar to buy an ice cream. While I was waiting in line to get it, some clouds often appeared and the weather suddenly became terribly bad. Then the wind started to blow strongly and it was impossible to see anything because of the sandstorm. The beach was really crowded and people were desperately running nowhere. When I could finally see my father trying to approach me, he was making terrible efforts to take my hand so that I didn't get lost. Unfortunately, he never reached me and when I tried to go near him, he wasn't there any more. I wanted to shout for help but realised that I couldn't actually say a word! Suddenly, a huge wave always appeared in front of me and I knew there was no escape. I generally closed my eyes tightly and when I opened them again, I was always in my bedroom crying. It was really horrible!

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1. George used to have a recurring nightmare when he was a child. [ ]

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2. He couldn't see anything because of the large number of people at the beach. [ ]

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3. He shouted loudly for help. [ 1 ]

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4. He could take his father's hand. [ ]

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5. He always woke up crying. [ ]

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3. Complete the sentences using suitable compounds with *some*, *any* or *no*. (5 x 0.2 = 1)

1. George was \_\_\_\_\_ on holidays with his family.

2. When he was about to buy \_\_\_\_\_ to eat, the weather changed.

3. People were running but they didn't get \_\_\_\_\_.

4. When George needed help, \_\_\_\_\_ came out of his mouth.

5. When the huge wave appeared, George knew there was \_\_\_\_\_ he could go to be safe.

4. Complete these conditional sentences type 1 with the correct form of the verbs in brackets. (10 x 0.2 = 2)

1. If you \_\_\_\_\_ (not look) on the bright side of things, you  
\_\_\_\_\_ (be) very unhappy.

2. I \_\_\_\_\_ (feel) more energetic if I \_\_\_\_\_ (have) some rest.

3. She \_\_\_\_\_ (not sleep) well if she \_\_\_\_\_ (have) nightmares so often.

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4. If you \_\_\_\_\_ (not meditate), you \_\_\_\_\_ (feel) really stressed out very soon.
5. If he \_\_\_\_\_ (not see) a specialist soon, he \_\_\_\_\_ (not solve) his sleeping problems.
6. If you \_\_\_\_\_ (drink) too much coffee in the evening, you \_\_\_\_\_ (not fall) asleep very easily at night.
7. \_\_\_\_\_ you \_\_\_\_\_ (relax) a bit if you \_\_\_\_\_ (change) your mindset?
8. He \_\_\_\_\_ (take) some days off if he \_\_\_\_\_ (be) too stressed at work.
9. If the students \_\_\_\_\_ (not calm) down, the teacher \_\_\_\_\_ (ask) them to do mindfulness practice before starting the class.
10. She \_\_\_\_\_ (improve) her mental health if she \_\_\_\_\_ (not think) about negative things all the time.

## 5. Complete using questions tags. (10 x 0.2 = 2)

1. You don't remember your dreams, \_\_\_\_\_?
2. She's a dream specialist, \_\_\_\_\_?
3. They haven't slept well recently, \_\_\_\_\_?
4. He's going to take sleeping pills, \_\_\_\_\_?
5. We'll see a dream specialist next week, \_\_\_\_\_?
6. I wasn't in your nightmare, \_\_\_\_\_?
7. You do yoga before going to bed, \_\_\_\_\_?
8. Some people can have horrible recurring dreams, \_\_\_\_\_?
9. You haven't woken up in the middle of the night, \_\_\_\_\_?
10. They aren't going to interpret our dreams, \_\_\_\_\_?

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**6. Complete these sentences with your own ideas. (5 x 0.2 = 1)**

1. If I get my first job soon, \_\_\_\_\_.
2. My friends will be relaxed if \_\_\_\_\_.
3. If I go to bed early, \_\_\_\_\_.
4. I will experience sleeplessness if \_\_\_\_\_.
5. I won't study until late at night if \_\_\_\_\_.

**7. You have just read an article about the benefits of optimism. Write a blog post commenting on this article and write about three things you will do in the future if you have some negative thoughts in your life again. Use conditional sentences. (2)**

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URL:

I've just read a very good article on the benefits of optimism. In this article, the writer says that positive attitudes lead to better coping skills, \_\_\_\_\_

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So if I... \_\_\_\_\_

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