

MULTIPLE INTELLIGENCE

Musical intelligence



Social intelligence

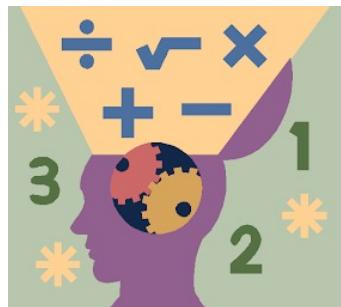


Linguistic intelligence



Personal intelligence

Physical intelligence





Social intelligence

I enjoy working in a group, and I like team sports.



Musical intelligence

I'm good at singing, and I enjoy playing the piano.



Linguistic intelligence

I love reading, and I enjoy playing word games.



Personal intelligence

I am very independent, and I enjoy being on my own.



Visual intelligence

I like taking photos, and I'm good at drawing.



Mathematical intelligence

I'm good at numbers and calculations, and I enjoy solving problems.



Naturalist intelligence

I really care about the environment, and I'm interested in astronomy.



Physical intelligence

I hate sitting still, and I enjoy playing basketball.



0.2

Kate/good at/ do/crosswords. She/not good at/do sudukos.

0.2

Matt and Tim/ not like/draw. They/love/take photos.

0.1

Maria/ not like/ sing.

0.3

Hary hate/ solve problem. He enjoy/ make things.

0.1

I/ love/ be / on my own.

0.2

Mehmet/ enjoy/ talk/people.

0.3

Julia/ often/sing, and she/ enjoy/listen/ music.

0.1

Zeynep/ good at/paint.

Complete the sentences with the words in the box

Relax

Brain

Exercise

tips

Stressed

Memory

I always remember people's faces. I've got a good
memory for faces.



I'm always very stressed. I'd like to relax more.



Exercise is good for you because it helps get oxygen to your brain.



Your brain doesn't work well when you are stressed



You you have any tips for improving my memory?





Complete the text with the correct word in the box.

food yourself play stress water test

If you want to improve your memory, start telling

1. **yourself** that you have a good memory and start

eating well. 2. **Food** with vitamins A, C, and E is
good for your memory.

3. **Water** is also good, as it helps the brain.

Relax, as 4. **stress** prevents the brain from working

efficiently. 5. **Play** memory games and read books.

Then 6. **Test** yourself. The more you use your
memory, the better it becomes.



5. Read the article again and answer the questions below.

The Microadventure

An adventure anyone can achieve
in a week off work

Alastair Humphreys is an English cyclist, adventurer, and author. In 2005, he completed a 74,000 km bike ride around the world. It took him four years and three months. In 2008, he ran 243 km (or 151 miles) across the Sahara Desert in the *Marathon des Sables*. While he was running, he broke his foot. He still finished the race. In 2009, he walked across India, and he rowed across the English Channel. In 2010, he walked and packrafted (used a raft and a backpack) across Iceland. However, in 2011, he walked around the M25, a huge highway around London that everybody hates. "It's possible to have an adventure anywhere," he said.

When Alastair took off around the M25 in January, it was cold and it was snowing. While he was walking, he met lots of interesting people and, to his surprise, he saw some beautiful places. It was challenging, too. The week's walk was an adventure, like the four-year bike ride around the world. But it was a microadventure—a small adventure closer to home.

Alastair Humphries developed the idea of microadventures, adventures that anyone can go on, and now he has a global following. #Microadventure is a popular hashtag on many social media sites.



1. How long did Alastair's around-the-world bike tour take?
It took four years and three months.
2. What was he doing when he broke his foot?
He was running (in the *Marathon des Sables*).
3. Which country did he walk across?
He walked across India.
4. What was the weather like for Alastair's M25 microadventure?
It was cold and it was snowing.
5. How long did it take him to walk around the M25?
It took him a week.



GRAMMAR



5. Complete the conversation with the present simple or present continuous tense of the verbs.

SARAH Hi, Mark. What ^{1.} _____ you _____ (do)?

MARK Hi, Sarah. I ^{2.} _____ (make) dinner.
I ^{3.} _____ (make) dinner every Saturday.

SARAH That's nice!

MARK And I ^{4.} _____ (look after) the kids this evening!

SARAH Where's Emma?

MARK She ^{5.} _____ (have) a drink with some friends. I can send her a text.

SARAH No, don't worry. She always ^{6.} _____ (call) me on Sundays. I'll talk to her about it then!

are (you) doing

'm making

make

'm looking after

's having

rings

Past continuous vs. past simple questions

1. What / you / do / when / I / call / you / last night?

I was talking to the police.

2. Why / you / talk / police / when / I / call / you?

I saw an accident. A guy on a motorcycle knocked a girl over.

3. What / you / do / when / the motorcycle / knock / her / over?

I was sitting outside a café across the street. It was awful.

4. What / she / wear / when / she / have / accident?

She was wearing jeans, a T-shirt, and a leather jacket.

5. How many / other people / sit / there / when / it / happen?

I was the only person there.

1. What were you doing when I called you last night?

2. Why were you talking to the police when I called you?

3. What were you doing when the motorbike knocked her over?

4. What was she wearing when she had the accident?

5. How many other people were sitting there when it happened?