

任务型阅读（共 10 空, 每空 1 分, 计 10 分）

How to beat sadness

We all have days when we are down, tired and unhappy. That's OK. You need days like this, or how would you know you are happy? You'll enjoy your good days even more when you have a few bad days. Even if sadness is a part of life, let's try to make it small. Here are a few simple ways to help you feel better when you are feeling sad.

1. Stand up straight and this helps your energy flow(流动). When your energy is flowing freely, you can flow too.

2. Smile! It's easy to do and have good results. This way can not only leave you in a good mood but also bring others a good mood.

3. Listen to music. It can be your favourite music. Some kinds of music work better than others, so try and find out what kind of music works the best for you.

4. Take some "me" time. You can find pleasure in reading a book, watching a sunrise or having a hot bath, or something like that.

5. Exercise. Even something as simple as taking a walk will get your blood flowing. It is a great way to clear your mind of anything that makes you sad.

These ways will cheer you up when you are down, but don't just use them when you are sad. Try and practice them every day to make them a habit. You will be surprised to learn that these simple ways will keep your sadness away. But if you are in a deep depression(沮丧), go to see a doctor.

Title : How to beat 76.

Opinions (观点)	<ul style="list-style-type: none"> It is OK to feel down, 77.____ and unhappy. It is possible to make sadness a small 78.____ of life.
Simple 79. to cheer you up	Stand up straight so that your 80.____ can flow freely.
	81.____ at others because it can bring you and others a good mood.
	Listen to your 82.____ music because it works the best.
	83.____ pleasure in everyday life, such as watching a sunrise.
	84.____ a walk and you can clear your mind of sad things.
Suggestions (建议)	<ul style="list-style-type: none"> Try to make these simple ways a habit. Go to see a 85.____ when you are in a deep depression.

缺词填空（共 10 空; 每空 1 分, 计 10 分）

根据短文内容和所给首字母提示, 在下文空格处填入适当的词使短文完整。(每空一词)

DIY, which means Do It Yourself, is quite popular in the UK. Lots of stores and supermarkets sell DIY things. TV programs show people how to DIY.

English people like DIY. If there is anything that needs fixing (修理) around their homes, such as p 86 the walls or putting in a new shower, they will do the jobs themselves. They s 87 DIY experience(经验) with their friends. More and more people like DIY and find the joy of DIY. Sometimes people also DIY for s 88 money. At present, many people don't have enough money to buy a big house. They are looking at how they can make their houses better without s 89 a lot of money. It is not surprising that DIY is so popular.

DIY can be difficult. People need to get DIY furniture together w 90 a few tools. However, people often find it not easy to build a piece of furniture because they can't understand the instructions. Sometimes the instructions are simple and clean, but the furniture i 91 is difficult to build. DIY can also be dangerous if you are not c 92 enough. It is reported that in just one year over 230,000 people were h 93 while doing DIY in the UK, including 41,000 who fell off ladders(梯子).

DIY can bring us a lot of f 94 and can help us save some money, but it is not always as easy as it is thought to be if we do something difficult. Maybe factories (工厂) should make easier and s 95 things for us to DIY.