

ENGLISH

Workbook

Grade 7

Educational Publications Department

First Print - 2015
Second Print - 2016
Third Print - 2017
Fourth Print - 2018
Fifth Print - 2019
Sixth Print - 2020

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ISBN 978-955-25-0099-2

Published by : The Educational Publications Department

Printed by : State Printing Corporation
Panaluwa, Padukka.

The National Anthem of Sri Lanka

Sri Lanka Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

Sundara siri barinee, surendi athi sobamana Lanka

Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya

Apa hata sepa siri setha sadana jeewanaye matha

Piliganu mena apa bhakthi pooja Namo Namo Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

Oba we apa vidya

Obamaya apa sathya

Oba we apa shakthi

Apa hada thula bhakthi

Oba apa aloke

Apage anuprane

Oba apa jeevana we

Apa mukthiya oba we

Navajeevana demine, nithina apa pubudukaran matha

Gnana veerya vadawamina regena yanu mana jaya bhoomi kara

Eka mavakage daru kela bevina

Yamu yamu vee nopama

Prema vada sema bheda durerada

Namo, Namo Matha

Apa Sri Lanka Namo Namo Namo Namo Matha

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ஆனந்த சமரக்கோன்
கவிதையின் பெயர்ப்பு.

Foreword

With the continuous advancement of the world, the education sector too is transformed. Therefore, if we require the creation of a student community who could confront the future challenges successfully, our learning teaching process must constantly utilize effective approaches. It is our responsibility to disseminate the knowledge of the new world while assisting to create global citizens with good values. Our department is actively engaged in producing learning tools with the great aim of contributing to enlighten the minds of the children of the country.

A textbook is a repository of knowledge. At times, it takes us to a world of entertainment while developing our critical thinking faculties. It promotes our hidden potentials. In the coming years, the memories related to these textbooks will bring you happiness. While making the maximum use of this valuable learning tool, you must essentially access other useful knowledge spaces too. This textbook is offered to you free of charge as a great gift of the free education. Only you can add a value to the great fortune that has been spent by the government to print these textbooks. I wish that you would gain the ability to enlighten the future as citizens with knowledge and values by using this textbook.

I would like to bestow my sincere thanks on the panels of writers, editors and reviewers as well as on the staff of the Educational Publications Department for the contribution made on this endeavor.

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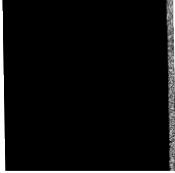
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UNIT 01

What You See



ACTIVITY 01

Match the opposite words.

- | | |
|----------|-------|
| a) cold | fast |
| b) soft | old |
| c) young | hard |
| d) slow | hot |
| e) small | happy |
| f) sad | big |



ACTIVITY 02

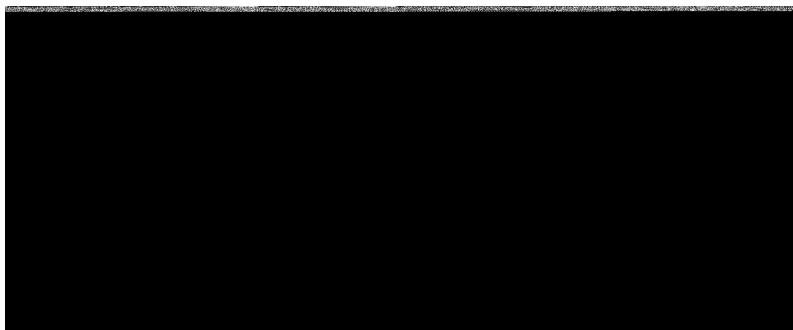
Circle the opposites of the words given in the next page.

A	B	O	V	E	S	Q	H	M	W	Y	A
E	B	N	C	W	M	D	E	J	N	F	C
A	M	B	D	L	B	R	A	P	Q	Z	T
S	U	W	Q	W	P	Y	V	W	R	L	I
Y	T	L	O	O	S	E	Y	E	G	M	V
S	H	F	C	J	V	N	V	A	C	B	E
P	R	E	S	E	N	T	M	K	P	I	F
D	N	L	R	M	K	G	U	L	B	T	K
W	E	M	S	O	F	T	N	J	R	T	D
E	C	S	Y	J	Z	S	M	T	A	E	B
T	R	F	A	R	U	C	V	K	V	R	M
M	Z	N	Y	X	X	T	B	P	E	W	C

tight near timid sweet
below lazy dry light
wet absent hard strong

ACTIVITY 03

Write instructions to the following picture clues for the water gravity magic.





ACTIVITY 04

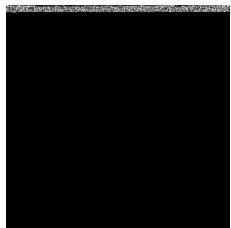
Write the steps of making any one of the following.

- a) A vesak lantern
 - b) A kite
 - c) A doll
 - d) Any Origami object
 - e) Any other thing known to you

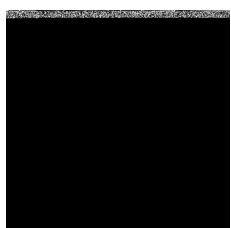


ACTIVITY 05

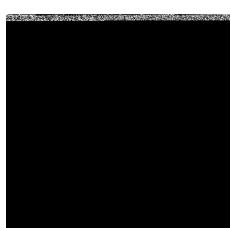
Match the pictures with the phrases.



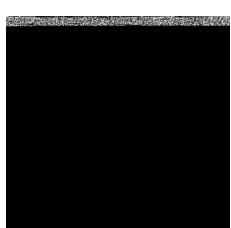
A piece of cheese



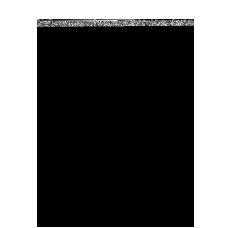
A bowl of sugar



A packet of tea



A cup of tea



A jug of water

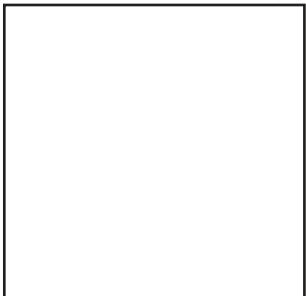


A slice of bread

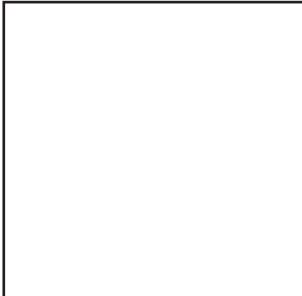


ACTIVITY 06

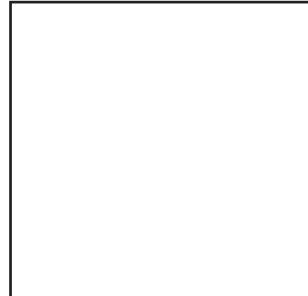
Draw the following.



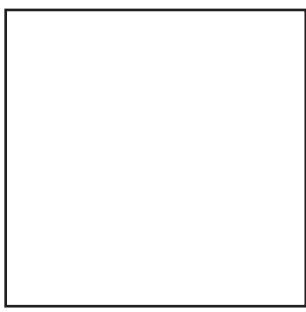
a jar of honey



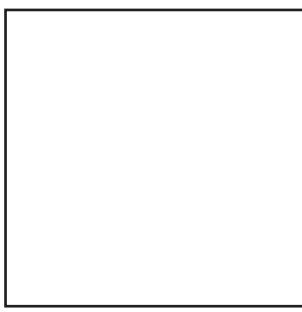
a piece of cake



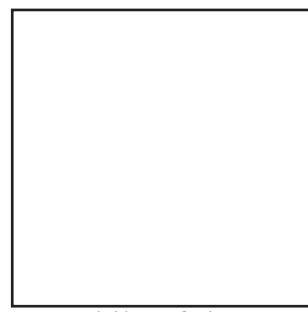
a sheet of paper



a line of clothes



a bunch of bananas



a kilo of rice



ACTIVITY 07

Read the following short description about Ananda Coomaraswamy and fill in the information sheet given.

Ananda Kentish Coomaraswamy was born in Colombo, Ceylon, now Sri Lanka. He was born on 22nd August 1877. His father was Muthu Coomaraswamy and his mother was Elizabeth Beeby. Coomaraswamy attended Wycliffe College in Gloucestershire and entered University College, London. He studied Geology and Botany. Then he served in Sri Lanka as a geologist and mineralogist. Coomaraswamy wrote more than 30 books on different subjects.

Origin of the Buddha Image, The Essential Elements of Buddhist Iconography etc. are some of the books he wrote. Coomaraswamy made important contributions to the philosophy of art, literature, and religion. This great person died in 1947 at the age of 70.

1. Name:
2. Birthday:
3. Village / town (where he was born):
4. Father:
5. Mother:
6. Schools and Universities attended:
7. Subjects learnt:
8. Profession:
9. Works (books written):
10. Death:



ACTIVITY 08

Read the following data sheet and write a similar description about Ananda Samarakoon.

Name	: Ananda Samarakoon
Birth	: January 13, 1911
Village	: Liyanwela
Father	: Samuel Samarakoon
Mother	: Dominga Pieris
Schools	: Wewala Government Sinhala School and Christian College, Kotte.
Profession:	A teacher of art and music
Works	: Composed the National Anthem, many other songs like “ <i>Sirisaru sara kethe</i> ”, “ <i>Ennada menike</i> ”,
Death	: April 5, 1962



ACTIVITY 09

Read the table given below. Write sentences to describe each using 'has', 'have' or 'had'.

Name/Names/Who?	This year/now	Last year/earlier
Madhavi	a blue bag	a green bag
Rukshan	a small bottle of water	a big bottle of water
My friends	big note books	small note books
My aunt	a pet dog	a pet cat
Shops	many things to sell	certain amount of things to sell



ACTIVITY 10

Read this essay on **MY SCHOOL**.

My school is Dharmapala Vidyalaya. It is in Middeniya. It is a mixed school. It has several large buildings, a library and a small playground. It has classes up to grade thirteen. There are about sixty teachers and about one thousand five hundred students in my school. The founder of my school is Sir Henry Steel Olcott. Our principal is Mrs. Chamila Gunasekara.

The place I like most is the library. There are very valuable books in it. I borrow books from the library every Friday. When I am free, I go to the library to read newspapers.

All our teachers are very kind, friendly and helpful. I am proud of my school.

Now complete this table.

1. Name of the school	
2. Place	
3. Number of students and teachers	
4. Number of buildings and what they are	
5. The principal	
6. The founder	



ACTIVITY 11

Can you fill in these details about your school?

Name of school

Place

Founder

The principal

Number of students

Number of teachers

Number of buildings and what they are

How many grades are there?

Is it a mixed school, a girls' school or a boys' school?



ACTIVITY 12

Now, write a small essay about your school.



ACTIVITY 13

Read the paragraph and circle the compound nouns.

All ran to the seashore.

“Where is my pair of sunglasses?” asked mother.

“Oh! I forgot to bring it. It was near the door-sill,” said Damhiru.

“It’s alright. Let’s play,” said mother.

She started collecting sea shells. Ranudi was making a sand castle.

“There! a coconut shell. May be I can make mud pies with it.”

Ranudi ran towards the coconut shell.

“There! Look at the sunset,” said father. “It’s like a night lamp floating in the sea.”

UNIT 02

Friends Indeed

ACTIVITY 01

Rewrite these in the possessive form using the apostrophe correctly.

e. g. :- The tie that belongs to Meena – Meena's tie.

1. The pen that belongs to Lahiru
2. The frock that belongs to Poorni
3. The towel that belongs to Balan
4. The shop that belongs to Maheem
5. The umbrella that belongs to Darren
6. The cup that belongs to the baby.....
7. The kennel that belongs to my puppy.....
8. The bat that belongs to Kusal.....
9. The tree house that belongs to my father
10. The story book that belongs to Themika.....

ACTIVITY 02

Rewrite these using the contracted form.

e. g. :- Look, there is nothing in my hands.
Look, there's nothing in my hands.

1. Let us clean the dining room.
.....
2. I would prefer a glass of milk in the morning.
.....

3. We should not disturb the students in the library.

4. You are good learners.

5. They are not in my class.

6. Thewmika has not come to the cricket match yesterday.

7. Dogs do not climb trees.

8. We are not in grade eight.

9. We should not run on the road.

10. We will go to see a movie tomorrow.



ACTIVITY 03

Correct the errors in the following sentences. Use the apostrophe correctly.

1. We should always listen to our parent's advice.

2. Aunty Monica had twin baby girls'.

3. Uncle Naleen bought ten kilos of potatoes' at the fair.

4. My pet dog has broken it's leg.

5. Im' Punara.

6. Its going to rain again, so you'd better bring your umbrella.

7. My brothers' name is Chenuka.

8. My mother isnt' a house wife.

9. We ll be in grade eight next year.

10. Childrens' TV programmes are telecast in the evening.



ACTIVITY 04

Can you write these using the apostrophe?

1. This is _____ textbook.(Thamal)
2. The _____ T-shirt is pink.(girl)
3. Are these _____ coins?(Damhiru)
4. The _____ teddy bear is brand new.(baby)
5. _____ wash our own clothes.(let us)
6. My coach is very clever._____ train you well for the athletic meet.(He will)
7. My country is an island ._____ in the Indian Ocean.(It is)
8. _____ going to school early in the morning.(She is)

ACTIVITY 05

Opposite words of the given word list are hidden in the cage. Circle them and write against the relevant word.

E	M	Q	F	S	B	I	G	J	B	P	E	F	G	N	W	E	T	K	E
A	I	V	M	A	L	A	S	T	M	G	L	K	U	W	J	Y	H	T	J
S	R	A	D	O	L	B	M	K	K	S	I	M	O	O	P	U	R	D	N
Y	I	S	W	D	A	R	K	K	M	B	G	S	H	O	R	T	L	T	R
L	G	Y	A	V	G	B	Z	T	V	L	H	K	L	T	H	G	Y	A	U
S	H	F	U	L	L	X	L	P	X	P	T	C	P	S	A	T	O	F	D
T	T	O	O	K	G	U	X	D	O	F	Y	I	K	O	R	F	L	V	I
G	B	N	D	X	C	S	B	I	K	A	I	G	A	T	D	O	D	G	F
P	N	S	V	I	R	E	A	K	P	S	A	C	A	I	V	S	Y	V	F
O	N	O	F	J	Z	J	C	K	V	T	C	E	O	P	U	S	K	F	I
R	V	F	L	H	R	U	K	C	T	Y	O	A	L	O	G	N	D	Q	C
F	I	T	H	I	N	H	G	H	O	R	N	C	G	C	E	R	B	N	U
D	V	T	G	S	I	M	I	W	O	L	H	V	O	W	A	K	D	B	L
F	F	F	P	I	N	G	R	L	V	L	D	A	O	H	G	C	K	R	T
B	I	S	L	D	H	T	H	F	S	E	O	X	D	C	Z	B	G	Z	N
Z	R	L	L	U	F	Q	F	Y	T	F	W	S	A	F	D	T	B	I	P
M	S	D	L	O	W	H	T	R	N	T	N	K	C	L	O	S	E	D	B
H	T	L	R	R	E	C	L	E	A	N	G	F	V	P	U	L	W	R	K
O	U	L	L	Y	E	W	P	H	K	N	I	N	Y	Z	N	O	K	Z	J
T	U	E	M	H	A	O	Z	G	S	N	T	U	O	B	Y	O	U	N	G

Bad		Slow	
High		Long	
Empty		Up	
First		Dry	
Soft		Old	

Small		Out	
Fat		Open	
Cold		Dark	
Dirty		Front	
Left		Easy	



ACTIVITY 06

Rewrite the following sentences using the similar words given below for the underlined words.

relax/ fast/ gift / happy/ rich/ alike

1. Manuth was glad because he won the race.
2. When the bell rang, Ammar ran to the canteen quickly.
3. The wealthy man donated some books to the school library.
4. We gave a very useful present to my mother for her birthday.
5. We decided to rest for some time after cleaning the classroom.
6. The two sisters looked the same in their new dresses.



ACTIVITY 07

Match the words which have similar meanings (synonyms).

fast	large
huge	cheap
pretty	skinny
happy	beautiful
inexpensive	small
thin	quick
tiny	delighted



ACTIVITY 08

Read the poem 'I Lost My Head' and fill in the gaps with the opposite of the word in the bracket.

.....I go to sleep each night (after)

Iremove my head, (last)

and set it gently upon (up)

the night stand by my bed.

And every when I wake (evening)

I stretch my arms and yawn,

then pick my head up carefully

and put it right back on.

I put my head on (forward)

when I woke up (today)

and every time I turned my head,

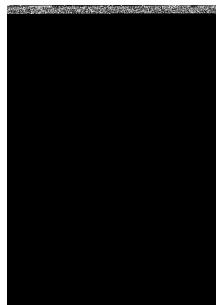
I looked the other way.

I walking into walls (finished)

and falling the stairs. (up)

I stumbled into tables

and I tumbled chairs. (under)

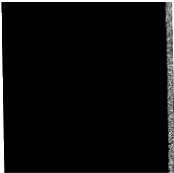




ACTIVITY 09

Read and find the mistakes of the following sentences. Correct them and write in the space provided.

- a) This is Samans book.
 - c) Nandanis mother is a teacher.
 - b) Is this Rajmis bag?
 - d) That is Nipunis' umbrella.
 - e) There are some pencils in my brothers bag.
-



UNIT 03

Pleasure



ACTIVITY 01

Fill in the blanks with **is, isn't, was, wasn't, were, weren't, will, won't be**

1. We can't visit the museum tomorrow. There enough time.
2. How can we practise the drama here? There enough space.
3. What is that noise? there anybody in the room?"
"No, there"
4. "How many students there in the class yesterday?"
"There were thirty."
5. there any free time to do your homework last evening?
6. I can't come tomorrow. there be a cricket match ?



ACTIVITY 02

Complete the paragraph.

(fly, paddy field, kites, holiday, children, sizes, beautiful, shapes, colours, happy)

Flying kites is an interesting hobby among I like my second term because I can kites. I can make kites. There are kites of different , and I go to the to fly kites. I am when my kite goes up. My friends come to fly with me. I enjoy flying kites.



ACTIVITY 03

What must you do to keep your classroom neat and tidy?

1. We must sweep the classroom every morning.
2.
3.
4.
5.



ACTIVITY 04

What must people do to keep the environment clean?

1. People must not cut trees.
2. People must plant more trees.
3.
4.
5.



ACTIVITY 05

Fill in the blanks with must/mustn't.

1. They are too old now. We help them.
2. The baby is sleeping. You make a noise.
3. We turn off the lights before we leave the house.
4. People throw things out of the window.
5. They buy tickets to see the drama.



ACTIVITY 06

Fill in the blanks with should / shouldn't.

1. Listen to them! You respect your elders.
2. It's going to rain. You take an umbrella.
3. You have less marks. You study hard.
4. You are in the library. You disturb other readers.



ACTIVITY 07

Find the missing letters using the clues given to you.

1. It can fly in the sky.

k	i	t	e
---	---	---	---

2. It contains news and other articles.

n				p		p	
---	--	--	--	---	--	---	--

3. It is smaller than a town.

v		l			
---	--	---	--	--	--

4. It is an institution for educating children.

		h			
--	--	---	--	--	--

5. This land is used for growing crops and rearing animals.

			m
--	--	--	---

6. It is a young pig.

		g		
--	--	---	--	--

7. It is round and it shines in the night sky.

		o	
--	--	---	--

8. They are young girls and boys.

c				d		
---	--	--	--	---	--	--

9. It is a large nut.

c				n		
---	--	--	--	---	--	--



ACTIVITY 08

Look at the pictures. What's your advice? Use should and shouldn't.

A

I have a toothache.

B

Every morning I
go to school late.

C

My hands are
dirty.

D

I have body aches.
I'm not well.

E

It's raining. I want
to go out.

- A.
- B.
- C.
- D.
- E.



ACTIVITY 09

Your friends paid you a visit. Write the questions that you would use to offer them food and drinks.

How can you offer them? Use - Would you like.....?

tea	cutlets
coffee	cake
plantains	biscuits
sandwiches	



ACTIVITY 10

Here's a problem. Read it.

No time to do my homework.

I am Chathura. I am in Grade 7. My father and mother are government officers. I'm the only child in my family. My grandmother looks after me because my parents go to work every day. I come home from the school around 2.30 p.m. Then I have my lunch and watch television. After that I go to play with my friends. I return home around 6.00 in the evening. I have a wash before my parents come and I start my studies. When I have a lot of homework, I can't finish them. Then I go to school without doing my homework. I usually have my dinner at 8.30 p.m. and go to bed around 9.00 p.m. I'm worried. Please help me.

What's your advice? Make sentences with 'should' and 'shouldn't'.

e. g. :-1) He shouldn't go to play when he has a lot of homework.

- 2)
- 3)

ACTIVITY 11

Pronounce the words given below. Put them in the correct column.
(/f/ and /p/ difference)

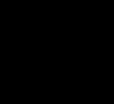
frown, prawn, frog, plant, plate, flat, plum, fruit, plug, fight, plight, plane, frame, form, plan, pan, fan, paper, puppy, floppy, fat, pat, fill, fall, fit

ACTIVITY 12

Describe the following picture.



e.g. :- This is a children's park. Some children are playing with a ball.



ACTIVITY 13

Complete the blanks using words given in the box.

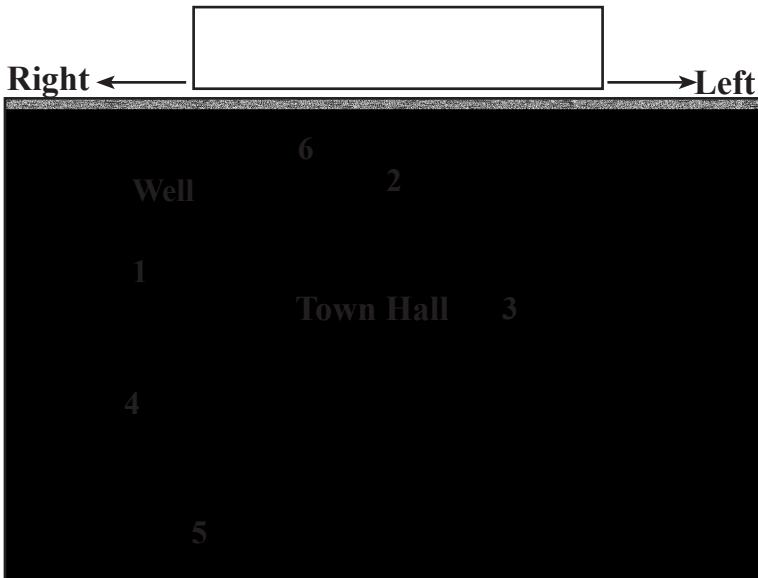
**can, cannot, must, must not, should, should not,
would, would not**

- a) It's raining. We _____ go out now.
- b) We _____ wash our hands before eating.
- c) The view is beautiful. You _____ take a photograph.
- d) The road is narrow. You _____ drive fast.
- e) My hands are dirty. I _____ answer the phone.
- f) You _____ eat well now or you _____ be hungry.
- g) She is not well. She _____ come to school tomorrow.



ACTIVITY 14

Listen to the description and complete the following map.





ACTIVITY 15

Read the following note. Imagine that you are Kokila and write a reply.

Dear Kokila,

I have cricket practices in the afternoon at school today. Can you tell the van driver not to wait for me?

Saranga

Dear

.....
.....
.....
.....
.....



ACTIVITY 16

Find the word with a different sound and underline it.

- a) wish, wash, dish, toss
- b) miss, toss, gloss, moss
- c) crush, cross, brush, flush
- d) ship, shop, tip, sip
- e) soot, route, boot, soap

ACTIVITY 17

Read the notice given below and answer the given questions.

Colour Me

*An Exhibition of Arts and Crafts for raising funds
organized by*

The School of Differently Abled
will be held

from 18th -21st September 2019
at the House of Art, Marcey Plaza

Age Group: 6 -10 years
Buy your tickets today!

The Parents' Union

1. What is this notice about?
2. What is the purpose of this event?
3. Can we go to see it for free of charge?
4. Who has done the art work?.....
5. Who organizes it?.....

ACTIVITY 18

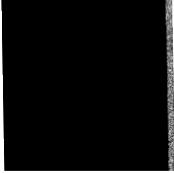
You are about to celebrate your 13th birthday. Write a letter of invitation to your friend asking him/ her to attend the party that your parents have organized. (Tell him/ her what he / she can do there.)

.....

.....

.....

.....



UNIT 04

A Busy Day



ACTIVITY 01

Find the information from the notice and write them in the blanks.

NOTICE

**The Annual Inter School
Drama Competition
Thalawa Zone**

**at the City Hall
on Saturday the 9th November
at 1.00 p.m.**

The Chief Guest is the Mayor, Hon. W. Perera

All Are Welcome!

The Drama Club, Thalawa

1. What is this notice about?
2. When is the event?
3. Where will it be held?
4. Who will be the chief guest?
5. Who is organizing it?.....



ACTIVITY 02

This is a note Chenuka got from Radil. Write the reply to Radil.

Chenuka,
Is your brother admitted to the Homagama Hospital? What's wrong with him? What is his ward number? I am planning to visit him this evening.

Radil



ACTIVITY 03

Study the picture given. Write five sentences describing the picture.
Use more than 6 words for each sentence.



.....

.....

.....

.....

.....

.....

.....

.....

.....



ACTIVITY 04

Circle the collective nouns in these sentences.

- 1) A crew of sailors landed the island.
- 2) A school of salmon swam up the stream.
- 3) I had to climb two flights of stairs to go to the new class.
- 4) I looked up at the night sky and saw a galaxy of stars.
- 5) Heaps of trash filled our garbage bin after the holidays.



ACTIVITY 05

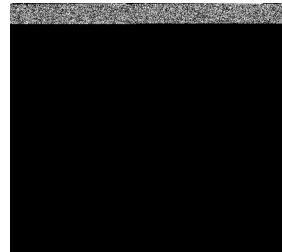
Match the picture with the correct word.



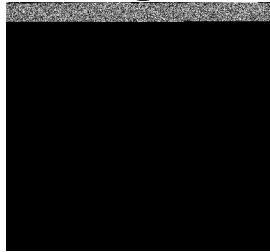
1



2



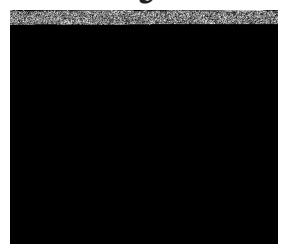
3



4



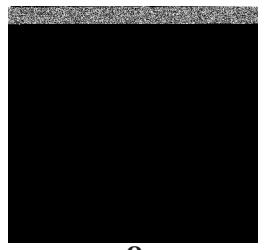
5



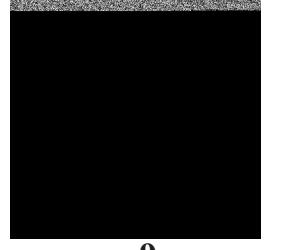
6



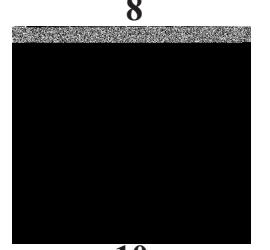
7



8



9



10

swarm of bees
bouquet of flowers
pride of lions
herd of cattle
collection of stamps

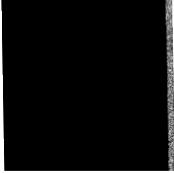
flock of sheep
school of whales
troop of monkeys
flight of stairs
crowd of people



ACTIVITY 06

Complete these sentences.

1. Janani had her lunch, but I didn't have(my)
2. My pet puppy has broken..... leg.(he)
3. We gave them our telephone number, and they gave.....(they)
4. My pencil is lost. Can I borrow ?(you)
5. Sandali washed her uniform but Thewmika didn't wash..... (he)
6. Our mango tree is tall but is short.(you)
7. She wrote her essay. Did you write.....? (you)



UNIT 05

Once upon a Time



ACTIVITY 01

Fill in the blanks with “and, but” or “or”.

1. The train stopped a lot of people got off.
2. I would like to buy a new bicycle I don’t have enough money.
3. Rashmi didn’t go to the musical show. She stayed at home read a novel.
4. We can go by bus we can walk.
5. He has a lot of money he doesn’t spend much.
6. I have seen that girl I don’t know her name.



ACTIVITY 02

Combine the sentences using **and/but/or**.

1. Turn to page 24.

Read the first paragraph.

.....

2. I phoned you last evening.

You didn’t answer the phone.

.....

3. Do you want to study at my house?

Shall I come to yours?

.....

4. She knocked at the door.
Nobody answered.
.....
5. Please pick up that book.
Put it in the shelf.
.....
6. Would you like a glass of orange juice?
Shall I make some tea?
.....



ACTIVITY 03

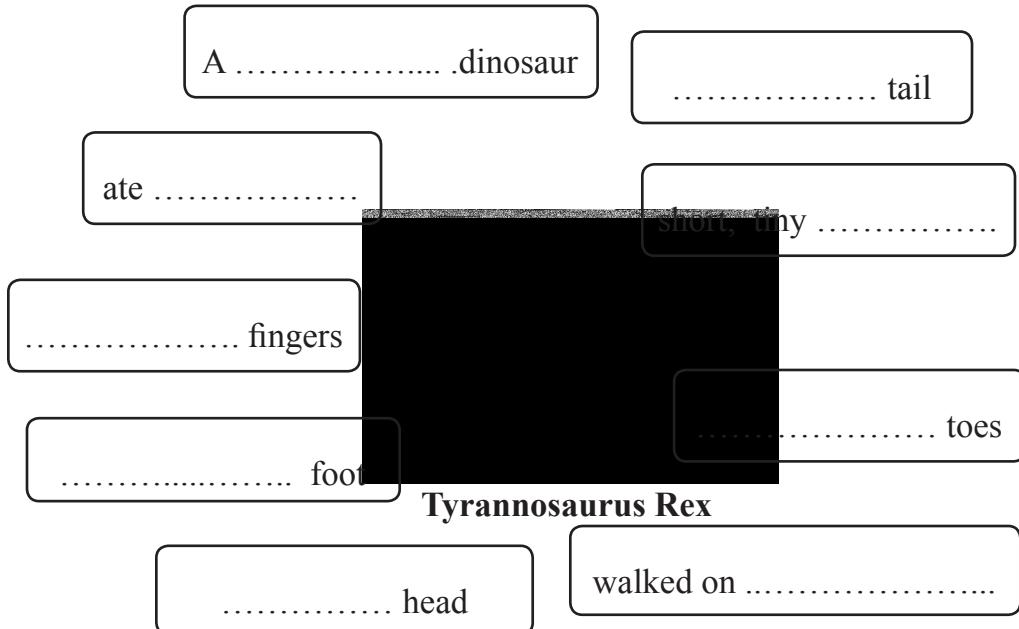
Combine these sentences with “and, but” or “or.”

1. I don’t have a lot of money. I’m happy.
.....
2. Mahen is tall. His sister is short.
.....
3. He sat on the bench. He looked at the sky.
.....
4. We can play cricket./ We can watch a cartoon.
.....
5. Praveen can play the flute. He can’t play the violin.
.....
6. I saw you at the park yesterday. You didn’t see me.
.....
7. Maya can sing. She can dance.
.....
8. During the holidays we will visit our uncle./ Go on a trip to Jaffna.
.....
9. Please be quiet. Leave this room.
.....
10. The saree was beautiful. It was expensive.
.....



ACTIVITY 04

Listen to the paragraph and complete the diagram.



ACTIVITY 05

Use “**when**” or “**while**” to combine the sentences.

1. I was having dinner **when** my father arrived.
2. my mother was cooking, I did my science homework.
3. Can you buy the newspaper **you go to town?**
4. Be careful **you cross the road.**
5. The lights went out..... **Madhu was watching TV.**
6. I was having lunch, the telephone rang.

ACTIVITY 06

Use the given facts and write a small paragraph about “Trincomalee.”

the first time in the history of the world, the people of the United States have been called upon to decide whether they will submit to the law of force, or the law of the Constitution. We shall not shrink from that decision. We shall meet the enemy at the threshold, and call upon him to give up his usurpation, or we shall drive him from our land.

- A port city
 - In the Eastern Province of Sri Lanka
 - Has a long history
 - Home of the famous Koneswaram Hindu Temple
 - Famous for the natural harbour
 - Harbour was known as Gokanna/Gokarna in the past
 - Many people visit Trincomalee
 - beaches
 - Seven hot water springs



ACTIVITY 07

Solve these alphabet riddles.

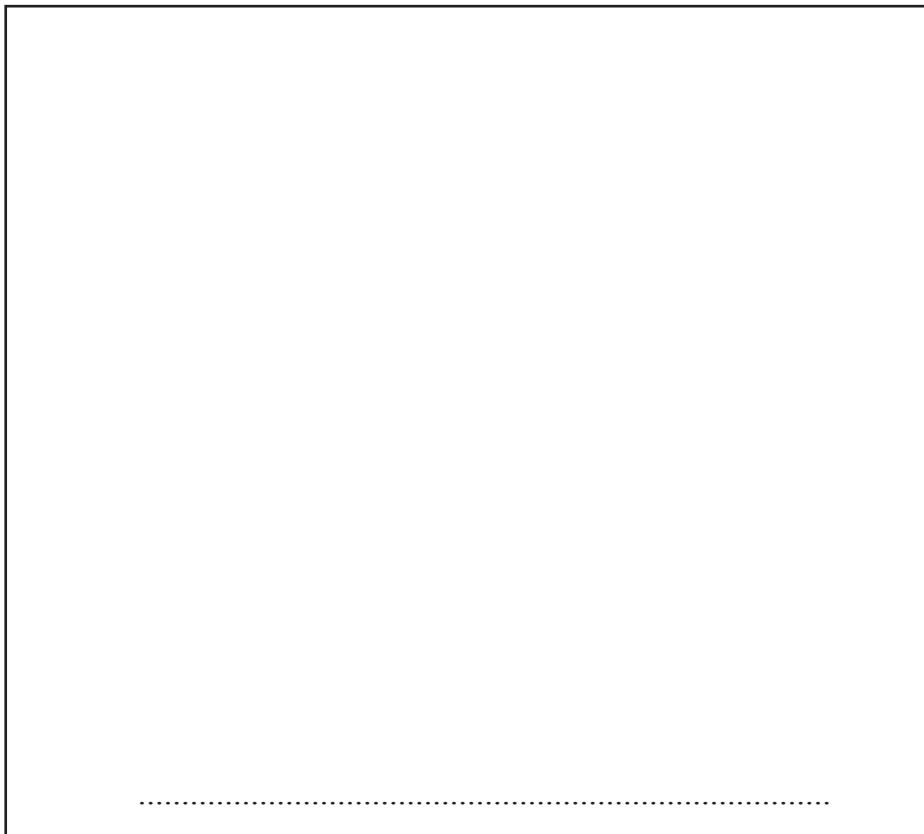
- Which letter of the alphabet is a drink?
- Which letter is an insect?
- Which letter is a part of the face?
- Which letter is a vegetable?
- Which letter is looking for causes?

- Y
- P
- B
- I
- T



ACTIVITY 08

Listen and draw.



UNIT 06

Better Safe Than Sorry

ACTIVITY 01

Write questions for these situations using “should”, “would”, “must” or “can”.

You want to borrow your friend’s coloured pencils.

e.g.:- Can I borrow your coloured pencils, please?

You want to use someone’s phone.

.....I use your telephone, please?

You want to offer your friend another slice of cake.



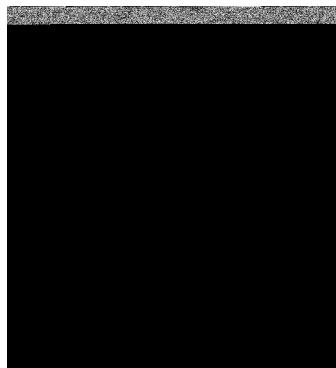
.....?

You want someone to close the window.



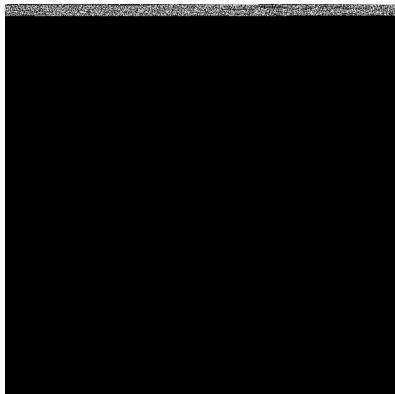
.....?
.....?

You feel slightly unfit. You want to know if you should go to the doctor.



.....?
.....?

A little child doesn't like to brush his teeth. He asks if he needs to brush his teeth twice a day.



.....?
.....?



ACTIVITY 02

Use the given facts and write a small paragraph about green leaves.

Green Leaves

- Nutritious, rich in vitamins, minerals and fiber
- Helps us to fight diseases
- Good for eyes, teeth and hair
- Easily found. e.g. :- Gotukola (vallarai), Mukunuwenna (ponnangkani), amaranth leaves (Thampala / Mulaikkeerai)
- Can be grown at home – saves money

Green Leaves Are Good for Us

Eating green leaves is very good for our health

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

ACTIVITY 03

Suganya's mother wrote this letter of excuse to Suganya's class teacher. Read it and find the following information.

No. 76/3, 2nd Cross Street,
Badulla.
25-05-2015.

Class Teacher,
Grade 7A,
Malpura M.V.

Dear Sir,

Please excuse my daughter, Suganya Jayasena for being absent from school on 22nd, 23rd and 24th of May. She was suffering from food poisoning and had to get medical treatment.

Yours sincerely,
Devini Jayasena

Suganya's address:

Suganya's class teacher's name:

The name of Suganya's school:

The number of days Suganya was absent:

Reason:

Suganya's mother's name:

ACTIVITY 04

Imagine you were absent from school yesterday. Write a letter of excuse to your class teacher as written by your father, mother or guardian.



ACTIVITY 05

Construct sentences.

Rukshan always feeds his dog I will call you Birds fly to their nests	before	it gets dark. I come to meet you. he goes to school in the morning.
My big brother will start working Let's play outside Father will take us to the zoo	after	it stops raining. he finishes his training. he finishes his work.

Nilan passed the test	because	it was too expensive. it's a holiday. his family lives there. he studied hard.
Lilani didn't buy the dress		
We scheduled the trip for the 18 th		
Mr. Perera has applied for a transfer to Anuradhapura		

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



ACTIVITY 06

This is a note written by Ravi to his friend. It is not complete. Listen to your teacher and complete it.

25-05-2015.

Dear

I won't be able to come to school because I sprained my ankle at the yesterday. Could you please send me your through my ? I will definitely return them

Ravi

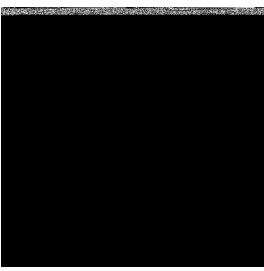


ACTIVITY 07

Write a suitable instruction for each of these pictures.



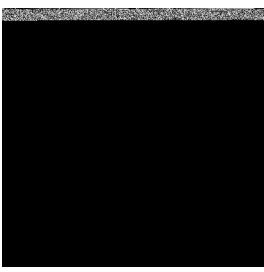
e.g. :- Get enough sleep.



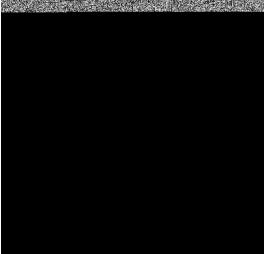
.....



.....



.....



.....

ACTIVITY 08

Use the given facts and write a paragraph about “insects.”

Insects

- One of the largest groups of animals. *e.g.* :- ant, grasshopper, cockroach, butterfly, moth, fly, mosquito etc.
- Six legs
- Body divided into 3 parts: head, thorax, abdomen
- Lay eggs
- Some are beneficial to people
- Some are harmful

ACTIVITY 09

Can you remember the steps of making a vegetable salad? Can you name the fruits needed to make a fruit salad? Write them here.



You need

-
-
-
-
-
-
-
-

First

Then

Next

After that

Finally

Now

UNIT 07

Around the Country

ACTIVITY 01

Match the adjectives.

A - Positive

B - Comparative

C - Superlative

A
strong
heavy
clever
old
bright
fast
high
weak
easy
simple

B
older
faster
higher
weaker
stronger
easier
simpler
brighter
cleverer
heavier

C
cleverest
strongest
oldest
fastest
highest
brightest
easiest
simplest
weakest
heaviest

ACTIVITY 02

Match A (adjectives) with B (adverbs).

A
quick
slow
careful
sudden
clear
quiet
nice
beautiful
neat
easy

B
quietly
suddenly
clearly
easily
beautifully
quickly
neatly
nicely
carefully
slowly



ACTIVITY 03

Match A with B.

A
go
listen
eat
speak
sing
shine
fight
sleep
rain
leave

B
heavily
brightly
fluently
quickly
suddenly
greedily
soundly
attentively
sweetly
bravely



ACTIVITY 04

Fill in the blanks with the correct adverb.

1. I can't understand you. Can you speak? (slow)
2. He is very humble. He spoke to us (humble)
3. I know her. She can sing (beautiful)
4. That man is very weak. He can't walk (fast)
5. Don't shout. The baby is sleeping(sound)



ACTIVITY 05

Find adverbs quickly and easily.

Can you find the adverbs in the word square?

I	Q	U	I	C	K	L	Y	A	N
M	V	S	H	K	E	L	R	K	N
M	X	M	B	U	P	R	K	Y	E
E	Z	E	D	M	J	L	L	D	A
D	B	R	I	G	H	T	L	Y	T
I	C	S	M	K	A	Y	U	P	L
A	X	Z	Q	E	A	S	I	L	Y
T	H	O	N	E	S	T	L	Y	H
E	C	A	R	E	F	U	L	L	Y
L	C	U	R	Y	L	E	E	R	F
Y	L	T	N	E	I	D	E	B	O



ACTIVITY 06

Fill in the blanks with

quickly, loudly, late, fast

It was a rainy day. I got up I got dressed Then I saw my school van coming. I took my school bag and ran towards it. I heard my brother was shouting “Stop! You have taken **my** school bag! Take yours!”





ACTIVITY 07

Fill in the blanks with the given adverbs.

loudly, tightly, suddenly, willingly, strongly, slowly

An Adventurous Deed!



Once a tortoise wanted to go in search of a pool of water to live in. Two friendly cranes helped him..... They asked the tortoise to hold a stick by his mouth, and advised him not to open his mouth. The two cranes took either end of the stick in their mouth and flew off
.....a cunning fox saw them. It started shouting by cheering the flying tortoise “Hurrah! Well done! The tortoise is flying. What an adventurous deed this is!” The tortoise heard this and he was so proud. It wanted to thank the fox and opened its mouth.

Oh! It fell down and its body was separated into pieces.

ACTIVITY 08

Read this poem and answer the questions.

Caterpillar

(by Wendy Cope)

Once a chubby caterpillar
sat upon a leaf,
singing, “Eat, eat and be merry - Life is very
brief.”

Soon he lost his appetite
and changed his merry tune.
he started spinning, hid himself
inside a hard cocoon.

And he was still and quiet there -
day after day went by.
at last it cracked and he emerged,
a gorgeous butterfly.

He spread his brown and crimson wings
and warmed them in the sun
and sang, “Now I must see the world -
my life has just begun.”

1. Where was the caterpillar?

.....

2. What was caterpillar’s song?

.....

3. What was the butterfly’s song?

.....

4. Find rhyming words.

a - leaf -

5. Do you like to be a caterpillar or a butterfly? Why? Give reasons.

.....

UNIT 08

Wonders Around Us

ACTIVITY 01

Find the new seven wonders of the world in the following table.

**Christ the Redeemer, Great Wall of China, Machu Picchu,
Colosseum, Petra, Taj Mahal, Chichen Itza**

T	Q	T	G	O	X	P	T	Q	Z	O	L	Q	M	P	W	P	M
A	K	I	I	Z	E	A	E	L	U	H	H	F	O	Y	Y	E	Z
J	N	K	Z	F	J	T	N	T	J	A	K	N	Z	R	T	T	Q
M	P	E	I	M	M	U	M	W	R	X	U	Z	C	A	W	R	U
A	R	T	A	E	C	A	S	H	S	A	M	U	Z	M	D	A	B
H	N	H	C	O	L	O	S	S	E	U	M	L	G	I	B	Y	X
A	A	Q	V	U	W	S	X	S	W	J	D	M	P	D	S	H	V
L	F	C	H	I	C	H	E	N	I	T	Z	A	D	S	G	T	H
P	M	A	C	H	U	P	I	C	C	H	U	A	D	O	M	L	R
K	X	G	W	P	H	S	G	O	K	J	H	P	D	F	C	N	A
X	Z	Q	K	P	N	I	S	Y	Z	V	V	U	Z	G	H	J	Z
N	G	R	E	A	T	W	A	L	L	O	F	C	H	I	N	A	U
P	B	A	G	V	U	R	Z	W	J	F	W	T	E	Z	S	U	U
U	U	B	X	E	X	G	Z	C	A	L	U	U	R	A	J	X	D
U	A	C	M	K	O	Q	L	A	K	G	L	S	K	B	R	F	Q
C	H	R	I	S	T	T	H	E	R	E	D	E	E	M	E	R	V
J	D	Y	B	E	Y	J	F	V	M	F	P	I	J	R	W	U	J
T	W	G	U	G	A	C	T	E	E	E	A	E	C	Y	N	O	S

ACTIVITY 02

Here are the things that Vihanga did before coming to the exhibition.

- 7.00 – 7.30 a.m. had breakfast
- 7.30 – 7.45 a.m. ironed the shirt
- 7.45 – 8.15 a.m. helped mother
- 8.15 – 8.45 a.m. helped father to arrange the barrels
- 8.45 – 9.00 a.m. got ready to come
- 9.30 – 9.55 a.m. travelled by bus
- 9.55 – 10.05 a.m. looked for a three-wheeler

Now write what Vihanga was doing at these times.

- a) 7.00 a.m. – Vihanga was having breakfast.
- b) 7.40 a.m. – He was.....
- c) 8.00 a.m. –
- d) 8.30 a.m. –
- e) 8.50 a.m. –
- f) 9.45 a.m. –
- g) 10.00 a.m.–

ACTIVITY 03

Write the verb in brackets in the past continuous tense.

1. What (you do) when he arrived?
2. She (watch) TV at two o'clock.
3. They (not sleep) at five o'clock.
4. Kelum (work) when I telephoned.
5. Raman(study) science while they were studying history.

6. I (not pay attention) during the presentation.
7. (Sandali talk) during the lesson?
8. We (not cook) when he walked in the door.
9. Nizar (play) the piano at three o'clock yesterday afternoon.
10. I (make) a kite with my brother when mother called us.



ACTIVITY 04

Make questions using the past continuous form.

1. you / talk / with your friends?
2. they / laugh / at the cinema
3. you / shop / with your cousins?
4. he / run / when he saw the dog
5. he / dance / at the party



ACTIVITY 05

1. Underline the compound nouns in the following sentences.

1. Is this the bus stop for the number 122 bus?
2. We can see fireflies at night when it doesn't rain.
3. Sri Lanka plays football for the world cup.
4. We always get holidays on full moon poya days.
5. Some schools don't have blackboards nowadays.
6. We always eat breakfast at 7.00 a.m.
7. The kind well-wisher donated a washing machine to the hospital.
8. Some prefer practising in the river but some like the swimming pool.
9. I like to get up at sunrise.
10. "You need a haircut," said teacher to her student.

2. Match the items on the right to the items on the left to form compound nouns.

police	machine
wall	cut
basket	table
bed	paper
dining	car
lady	ball
washing	bug
hair	room
water	house
green	tank

ACTIVITY 06

Form compound nouns by using the following words.

bow	chew	snow	boat
man	ball	shoe	room
sail	chair	flag	fire
ball	cool	foot	man
lamp	cakes	pan	rain
police	bed		

ACTIVITY 07

Re-write the following jumbled words to form compound nouns.

- | | |
|--------------------|-----------------------|
| a. okoluto - | b. osdemay - |
| c. ywayna - | d. hrweereyev - |
| e. owrehev - | f. arowdoy - |
| g. ofeerrv - | h. efotranno - |
| i. elsheya - | j. vdbyyoere - |



ACTIVITY 08

Yesterday was a holiday. This is what happened at 10 o'clock in the morning. Look at the picture clues. Write a sentence under each using the past continuous tense.



(Vihanga, Rajesh, Malithi / play / hide and seek)

.....
.....



(Nipuni and her mother / cook)

.....
.....



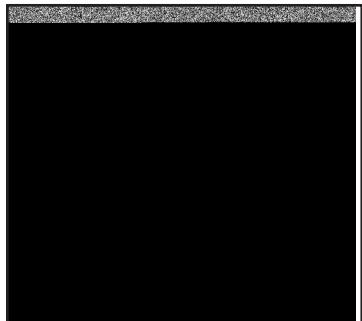
(Father / read / newspaper)

.....
.....

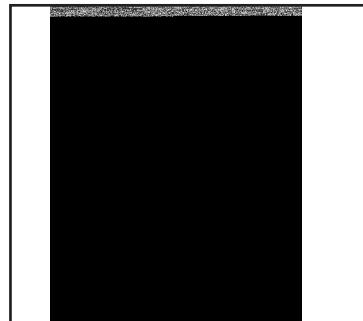


(some friends / watch / TV)

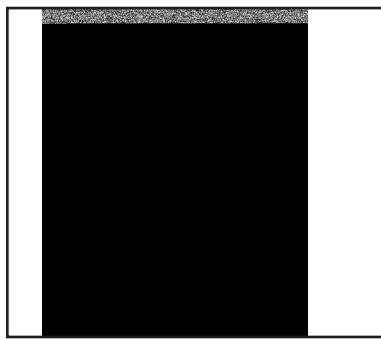
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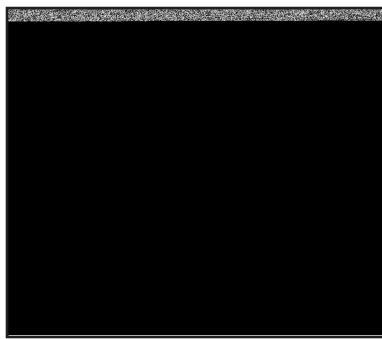
(Kamalini and her grandmother / plant)



(Aruna/wait/ bus)



(Kalpani/feed/birds)



(Mr. Somapala/wash/car)



ACTIVITY 09

Read and answer.

Birthday Party

Uwe Kind

When I reached my home at seven,
Max was playing the guitar
Jane was sitting on the table
eating pickles from a jar.
Mark was sitting at the piano
playing sonatas for Louise,
and my parrot Paul was singing
all the tunes and melodies.

Bob was sleeping under the table,
he couldn't even stay awake
and my dog was in the kitchen
eating up the birthday cake.

- a) What was happening at the birthday party?

b) Draw a picture of the poem in the box given below.



UNIT 09

Our Beautiful World

ACTIVITY 01

Underline the prepositions.

1. The two boys are standing near the clock tower.
2. The thief climbed over the wall and ran away.
3. My mother hung a beautiful picture on the wall above my bed.
4. Please turn down the volume of the radio. It's too loud.
5. In the fairy tale the witch turned the prince into a frog.

ACTIVITY 02

Listen to your friend and draw. (Activity 6 in the Pupil's book)

1	2	3
4	5	6



ACTIVITY 03

Write the plurals.

hoof	cliff	scarf..... /
life	chief	handkerchief /
wife
calf	roof	
elf		
thief		
yourself		



ACTIVITY 04

Write about Adam's Peak using the given facts.



- Adam's Peak/Sri Pada
 - The second highest mountain in Sri Lanka
 - Situated in the Ratnapura District
 - A sacred place to all four religions
 - Believed to be the footprint of the Buddha/ Shiva/Adam
 - Four major rivers begin from Adam's Peak
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ACTIVITY 05

Use the simple past tense or the present perfect tense to complete the sentences.

1. My grandmother (live) in Kandy when she was a child.
2. I (be) to Kandy many times.
3. Mrs. Perera (lose) her house key yesterday.
4. I (lose) my keys. Can you help me to find them?
5. I (go) to Jaffna last month.
6. My uncle (play) for his school cricket team in 1999.
7. A: you (eat) star fruit?
B: No, I haven't.
8. A: Where you (go) yesterday evening? You were not at home.
B: I (visit) my grandmother.



ACTIVITY 06

Fill in the blanks.

1. In Sri Lanka August is (hot) than October.
2. The Atlantic ocean is (large) than the Indian ocean.
3. Out of all the students in the class, I am the (tall).
4. The room looks (clean and nice) than yesterday.
5. That is the (funny) movie I have ever seen.
6. This exam was (easy) than the previous one.

ACTIVITY 07

Read and order.

1. Once there was a king who was blind in one eye. 1
2. Before they started, the king told them these words.
3. One day the king invited three artists to the palace and ordered them to draw his picture.
4. The king punished him too saying he tried to fool his king.
5. The second artist painted a picture of the king with his both eyes.
6. The first artist painted a picture of the king as he was with his blind eye.
7. “If you do a bad portrait, I will punish you. But if you do a good job, I will give you a lot of gifts.”
8. The third artist drew the king in profile*, showing only his good eye.
9. The king punished him saying that he showed disrespect to his king.
10. The king was pleased and gave him a lot of valuable gifts.

* profile- a picture of the face as seen from one side.



ACTIVITY 08

Make use of the given facts and write a small paragraph.

Lotus

- Aquatic plant (grows in water)
- Grows in Asia and Australia
- Flowers either white or pink
- Fragrant flower
- Many petals
- Big round leaves
- A long stem
- Seeds and roots are used as food
- Sacred to Buddhists and Hindus
- Pink lotus- the National Flower of India



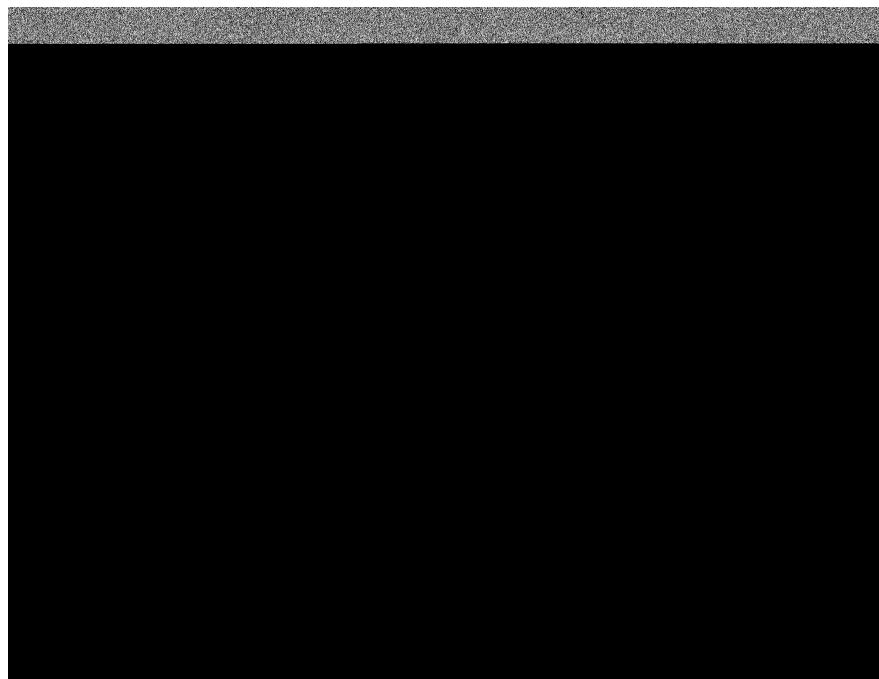
ACTIVITY 09

Select the most suitable word. Complete the blanks given below.

- a) Elephants are (big) than deer.
- b) My grandfather is (old) than my father.
- c) I am (tall) than my brother.
- d) The *Mahaweli* river is (long) than the *Kelani* river.
- e) *Mahaweli* is the (long) river in Sri Lanka.
- f) Rats are (small) than cats.
- g) Vatican is the (small) country in the world.

ACTIVITY 10

Describe the following picture.



This is a picture of a garden. There are some insects.

.....

.....

.....

.....

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.....

.....

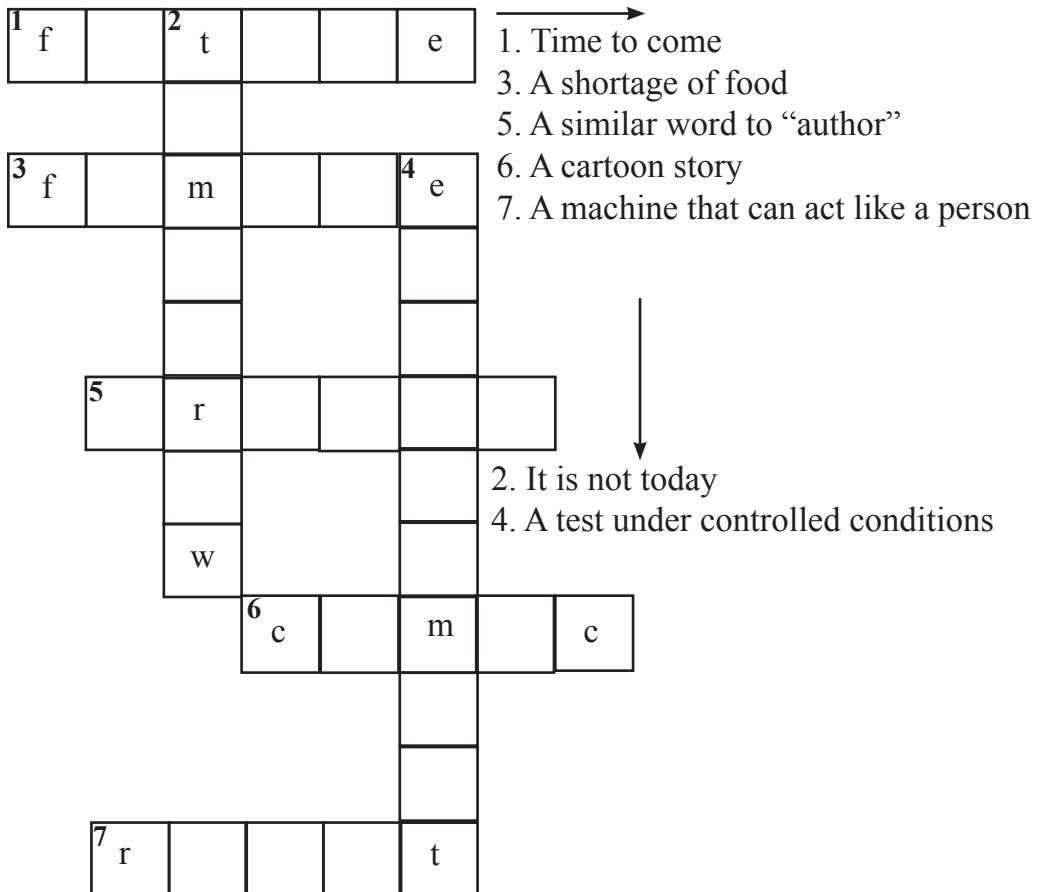
.....

UNIT 10

Future

ACTIVITY 01

Do this puzzle.





ACTIVITY 02

Here is an application to join the ‘Readers’ & Writers’ Club’ of your school. Fill the application form.

READERS’ & WRITERS’ CLUB APPLICATION FOR MEMBERSHIP

Full Name :-
Address :-
Tel. No. :-
Date of Birth :-
Class :-
Hobbies :-
Subjects that you study :-
Favourite subject :-

I certify that the details furnished above are correct.

.....

Date

.....

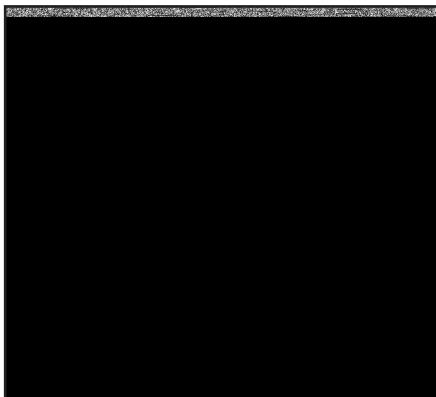
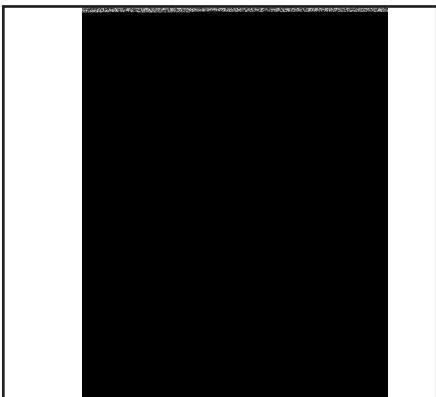
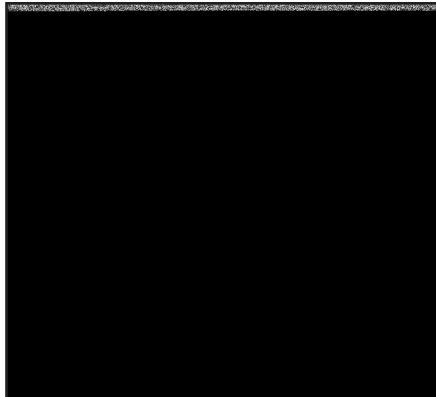
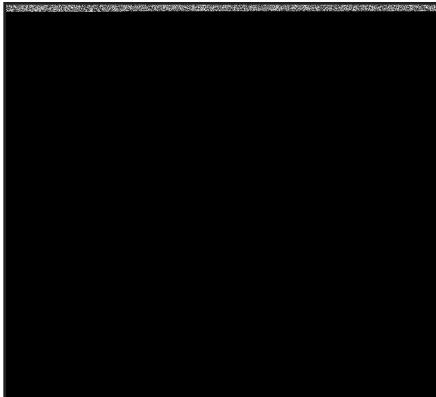
Signature of the applicant



ACTIVITY 03

Read the dialogue in the Pupil’s textbook and name the pictures.

Robot, iron flowers, magic
stone, spacecraft



ACTIVITY 04

Can you guess what it is?

- It is round and yellow in colour. It goes around the Earth. Mankind landed on this in 1969. **M** ____.
- It has a bulb inside. It produces light from battery power. It can be carried in your hand. **T** ____.
- It is made of rubber. We can blow it. It is used for decorations. Children like to play with it. **B** ____.

- It is a machine, but can work like a person. R _____.
- It is the fourth planet from the sun and the second smallest planet in the solar system. This is known as the ‘Red Planet.’ Man will make his first exciting voyage to this planet very soon. M _____



ACTIVITY 05

Put the verbs into the correct form of the future continuous tense.

- At midnight we (sleep) .
- By this time next week we (sit) at the beach.
- At nine I (watch) the news.
- Tonight we (study) for our English test.
- They (dance) at the party.
- Next year we (study) in grade eight.
- We all (clean) our classroom every morning.
- We (shift) to a new home next year.



ACTIVITY 06

2. Write these sentences using the negative form of the future continuous tense.

e.g. :- She (not/sing) that song at the concert.

She will not be singing that song at the concert.

- 1) When she arrives, I(not/read).
- 2) When she plays music, we(not/sleep).
- 3) They(not/do) their homework this afternoon.
- 4) Raheem.....(not/play) computer games before the exam.
- 5) The baby(not/cry) when sleeping.
- 6) He(not / play) all afternoon.
- 7) I(not / work) all day.
- 8) He(not/come) tomorrow morning.



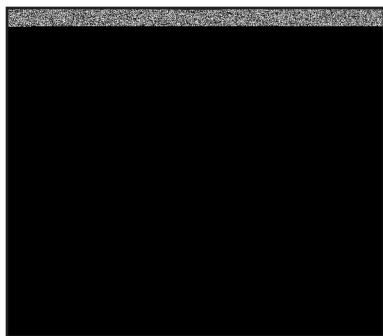
ACTIVITY 07

Now form questions for the sentences in Activity 6 using the future continuous tense.



ACTIVITY 08

Look at the pictures. Write what each friend's mother will be doing during the next weekend. The first is done for you.



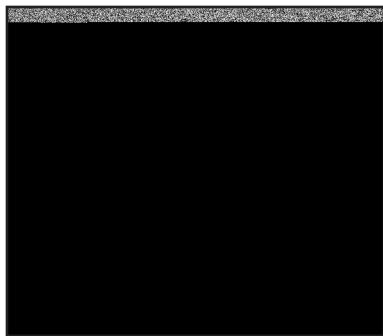
Geetha / story

1. Geetha's mother will be reading
a story to us.



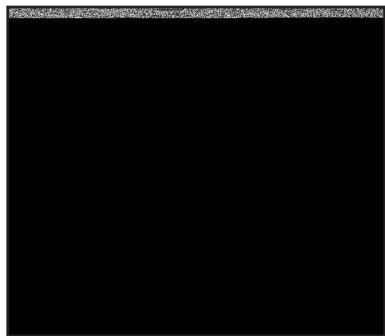
Sahan / pillow case

2.
.....



Uditha / shopping

3.
.....

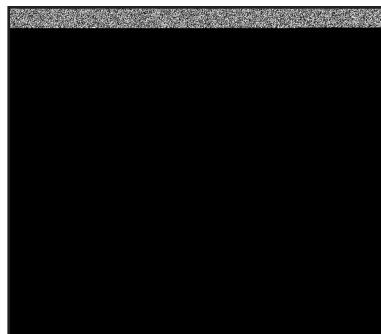


Kusal / soup

4.
.....



Tharushi / letter



Savee / gardening

5.
.....

6.
.....



ACTIVITY 09

Complete the following sentences using the simple future tense.

1. The English test (be) on 7th July 2019.
2. The principal (give) a speech at the “Science Day.”
3. There (be) a Shramadana campaign to clean the school compound.
4. The student (go) to the library in the next period.
5. The Art Exhibition of the students (be) held at the Auditorium.
6. Imran (travel) to Ampara during the school vacation.
7. People (live) longer in the future.
8. Robots (do) most of our work.
9. Work hard and you (pass) the examination.
10. The grade 07 students (visit) Jaffna to distribute stationery to displaced families.



ACTIVITY 10

Guessing Game

Imagine a future holiday and describe what you will be doing there this time tomorrow/next week/next month until your partner guesses the place.