1. Ben …

a. doesn’t study b. studies and does well. c. studies and doesn’t do well.

2. Ben usually studies …

a. in the library. b. at home. c. in his friend’s house.

3. On Ben’s desk there are …

a. papers, books and pens. b. pencils, books and pens c. a pencil case and pens.

4. Katy …

a. has a break for thirty minutes b. exercises for thirty minutes. c. studies for thirty minutes.

5. When Ben studies …

a. he doesn’t take breaks. b. he has a break for two or three hours. c. he has two or three breaks each hour

2. Check your understanding: grouping **Good ideas Bad ideas**

a. Study for two or three hours without a break

b. Get up and move your body

c. Stay in your chair when you take a break

d. Have lots of papers and books on your desk

h. Study in a quiet place

e. Play loud music while you study

f. Take lots of breaks

g. Have a clear desk

3. Check your vocabulary: gap fill

Complete the sentences with a word from the box.

**good body quiet  
three legs marks**1. You always get good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at school!

2. I always do \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ things. Do you want to know them?

3. I usually study in my bedroom. It’s very \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. I move my arms and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and drink some water.

5. It’s important to get up and move your\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. Next time I think I can get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ marks!