

Song: "Treat yourself" / Extra practice

- 1 Complete this list of good habits and bad habits with phrases from the box. Then listen to the song and check.** ▶ CD II / 22

every now and then face massage myself any time I can junk food breaks exercise

bad habits

1 work without _____

2 never _____

3 eat _____

good habits

4 treat yourself _____

5 enjoy _____

6 get a _____

- 2 Listen again and tick the sentences you hear. Then listen again and rewrite the other sentences so they are the same as in the song.** ▶ CD II / 22

1 I always exercised. _____

2 I used to have power naps. _____

3 I look as good as new since I
decided to relax. _____

4 I just give them a smile and explain. _____

5 I enjoy myself any time I can. _____

- 3 Listen again. What advice does the singer get? Cross out the wrong answer.** ▶ CD II / 22

1 She ought to / shouldn't treat herself every now and then.

2 She ought to / shouldn't go into a spa.

3 She should / shouldn't get a face massage.

4 She should / shouldn't say no to dessert.

- 4 Write a blog post about finding the right balance in life. Write six tips about the topics below using "ought to", "should" and "shouldn't".**

stress

exercise

sleep

work

holiday

food

You should _____

You shouldn't _____

You ought to _____

Lösungen:
 1 1 work without breaks 2 never exercised 3 correct 3 correct 4 I just treat them to a smile and explain 5 correct
 6 get a face massage **2** 1 I never exercised 2 correct 3 correct 4 I just treat them to a smile and explain 5 correct
 3 1 ought to 2 ought to 3 should 4 shouldn't