Language
Sense verbs

General information
You can watch the video on your computer or download it onto a portable device. You can choose to watch it with or without subtitles. Don’t try to understand every word when you watch. Use the pause and cursor controls to watch parts of the video again. There are exercises on this activity sheet to complete before you watch, while you’re watching, and after you watch.

Before you watch
1 Match the sentence beginnings 1–6 to the endings a–f.
   1 Follow
   2 Get
   3 Listen
   4 Look
   5 Smell
   6 Walk

   a out of bed.
   b out of this room.
   c the flowers.
   d the path.
   e to the sounds of the birds.
   f up at the trees.

While you watch
2 Choose the correct answers.
   1 Where is the man?
      a at an English class
      b asleep in bed
      c at a yoga class
   2 What is he thinking about?
      a sugar
      b nothing
      c a summer’s day
   3 What was the weather like today?
      a sunny
      b rainy
      c snowy
   4 Why didn’t he buy any sugar?
      a he didn’t pass the supermarket
      b the shop was closed
      c the bus didn’t stop
   5 What’s he going to do after class?
      a take the bus home
      b go to the supermarket
      c meet friends
   3 Is the man relaxed? Give reasons for your answer.
   4 What do these adjectives describe in the video?
      1 green
      2 blue
      3 soft
      4 white
      5 fresh
      6 special
   5 Listen to the yoga teacher’s voice and follow her instructions. Then describe what you saw and who you met in the wood. What did the person say?

After you watch
6 Answer the questions.
   1 How do you usually relax?
   2 Where do you feel most relaxed?
   3 Have you ever tried yoga?