

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?