

On Sunday morning Ellie was at her dad's flat.

Hi, Dad. Can we have a chat?

I know you've lost your job and you have to go to London. But I'm going to miss you - and Finn and Alisha!

I understand, Ellie. And we're going to miss you too. But I need this job.

It's not so bad, Ellie. We can chat on the internet every day. And of course you can visit us in London ... Oh, and wait for this, I can get free tickets for some of the big football games at Wembley.

Wow, that's cool!

It was a good chat and Ellie felt a little bit better.

On Monday the four friends were in the canteen at lunchtime. But something was different ...

A brown bread sandwich? Fruit? Water? Wow, Ellie!

Ellie! What has happened? Where are your crisps?

I've started to change things!

Ellie's friends were very surprised.

Where's the TV?

I've talked to Zoe and we've put it in the kitchen.

Oh, OK. Good idea.

On Monday evening Ellie went into her room ...

On Tuesday evening the four friends went to the tag rugby club together. They had a great time - Ellie too!

I've never seen tag rugby before.

Listen guys, I've seen a poster for a new tag rugby club. Let's go together.

I don't feel like it ...

Oh Ellie!

Only joking!

It's great to do something new!

Do you want to know more about tag rugby? Look at exercise 2 on page 83.

After the game the four friends went to Adam's cafe. Ellie talked and laughed with the others.

Hey, Ellie! Are you eating chocolate cake?

It's OK to eat chocolate sometimes.

Later Adam's mum needed some help ...

Can you help me, Adam?

Oh, Adam!

He's skiving!

Oh Mum, I don't feel like it!

1 Tell the story p.142

a) Put these sentences (A-G) in the right order and tell the story.

- A But Ellie wasn't very happy about this news.
- B On Monday things started to change for Ellie.
- C On Saturday morning Ellie's dad phoned her - he had a new job.
- D On Tuesday the friends had lots of fun and Ellie looked happy again.
- E On Saturday evening Ellie and her mum had a chat about her problems.
- F Ellie's friends wanted to do lots of things, but Ellie didn't feel like it.
- G On Sunday she talked to her dad.

b) What do you think is the message of the story? Pick 1, 2 or 3.

- 1 When you have problems, don't tell other people.
- 2 You should talk about your problems.
- 3 Forget about problems and they will go away.

2 ACTIVITY Tips for healthy living

a) Look at the Healthy living poster from an English school. What things have or haven't changed for Ellie? Examples:

She has started a new ... She eats better ...

Healthy living

Start a new sport. Be more positive. Eat less junk food.

Eat better food. Go out with your friends. Smile and laugh more.

Talk to your mum or dad. Don't watch so much TV.

Workbook 13-15, p.54

b) Work in groups.

Plan a Healthy living poster for your class.

- Think of good tips - as many as you can.
- Make posters like this for your classroom.
- Which is the best poster?