

Name _____ Class _____ Date _____

HOW I STARTED THIS VLOG

1 Watch the video up to 01:00. Are the sentences **T** (true) or **F** (false)?

- 1 In this vlog, the boy answers questions about himself. _____
- 2 He likes Adam's blog because he gives good advice. _____
- 3 His friend told him to start a vlog. _____
- 4 He got some unkind comments on his vlog. _____
- 5 He doesn't think he looks confident. _____
- 6 He learned that he was sensitive. _____

2 Look at the phrases in the box. How do you say them in your language? Match them with their meanings (a-d).

- 1 Hello there.
- 2 Great question!
- 3 So I did!
- 4 That's all for today!

- a That's very interesting!
- b Hi everybody.
- c That's the end of my vlog!
- d That's what I decided to do!

3 Watch the video from 01:00 to the end. Complete the rules with the words in the box.

activities in progress a short action
at the same time

- 1 We use the past continuous to talk about _____ in the past.
- 2 We use the past simple to talk about _____ which happens in the middle of another activity.
- 3 We use *when*, *while* and *as* to join actions or events happening _____.

4 Match 1-5 with a-f to make sentences. Then, underline the past simple verbs and circle the past continuous verbs.



- 1 While Peter was studying in the library,
- 2 Eric was cycling to school
- 3 Helena broke her glasses when
- 4 The teacher gave some helpful advice
- 5 We were playing a game online
- a as the students were doing the exam.
- b he sent some text messages.
- c she was playing football.
- d when a dog ran across the road.
- e when our parents came home.

5 Complete the sentences with the past simple or past continuous form of the verbs in brackets.

- 1 When she _____ (shop) in town, she _____ (see) her best friend.
- 2 As we _____ (leave) the classroom, the teacher _____ (give) us extra homework.
- 3 He _____ (lose) his watch while he _____ (cycle) in the park.
- 4 What _____ you _____ (do) when I _____ (call) you just now?
- 5 _____ it _____ (rain) when you _____ (go) to school this morning?

6 Circle the correct options.

- 1 He sang quietly to himself as he was ...
a working b worked c work
- 2 She ... at her phone when she fell off her bike.
a looked b was looking c look
- 3 Were you ... about me just now?
a talking b talked c talk
- 4 When the doorbell rang, we ... dinner.
a was eat b were eating c were eaten
- 5 I ... lots of photos while I was travelling last year.
a taking b took c was taking

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DO WHAT SCARES YOU

1.3 1 Watch the video up to 01:08. Circle the correct options.

- This vlog is about ...
a how to overcome your fears
b how to learn something new
- James used to be ...
a good at swimming b afraid of water
- James didn't use to be ...
a active b sociable
- James knew how to ...
a cycle b swim
- Now James is on ...
a the football team b the swimming team

2 Look at the phrases in the box. How do you say them in your language? Use the phrases to complete the sentences.

you know ...
not bad enough to ...
Don't let your fear stop you!

- It's always hard to try something new, _____!
- I used to feel terrible about dancing. But _____ take lessons.
- My brother is training for the London marathon. _____, the long-distance run that's in London every year.

1.3 3 Watch the video from 01:08 to the end. Complete the rules with the words in the box.

didn't use to use to used to

- We use _____ to talk about past habits that we don't have now.
- We use _____ to talk about habits that we didn't have in the past.
- We use _____ in questions and negative forms with *did* or *didn't*.

4 Circle the correct options.



- Paul *used to* / *use to* watch a film on Fridays.
- Did your granny *used to* / *use to* take care of you?
- David didn't *used to* / *use to* hang out with other students from his class.
- I *used to* / *use to* look up to my teachers at school.
- What kind of sports did you *used to* / *use to* like when you were younger?

5 Complete the sentences with the correct form of *used to* or the past simple form of the verbs in brackets. Use *used to* whenever possible.

- When Sasha was little, she _____ (be) very impatient, but now she's very calm.
- When _____ you _____ (paint) those pictures? They're excellent!
- Maria _____ (not like) vegetables, but now she eats them every day.
- We _____ (move) to Barcelona when I was three years old.
- _____ your parents _____ (take) you to school every morning?

6 Circle the correct options.

- My older sister ... after me when I was little.
a used to look c used to looked
b use to look
- My parents ... to have a car, but now they do.
a didn't used b used c didn't use
- Our teachers ... to give us a lot of homework, but now they don't.
a didn't use b used c use
- ... to live in Paris when you were a student?
a Did you used c You did use
b Did you use
- Who ... to hang out with at school?
a you did use c did you used
b did you use