

Name _____ Class _____ Date _____

EXERCISE YOUR MIND

Before you watch

- 1 Complete the sentences with the correct form of the verbs in the box. Use a dictionary if necessary.



keep fit overreact remind train

- How do people _____ when they haven't got money to join a gym? They go running!
 - My sister's basketball team _____ three days a week.
 - It's important not to _____ when your team lose a match. It's only a game after all!
 - Can you _____ me to ring my aunt after school? It's her birthday!
- 2 What do you think emotional intelligence is? With a partner, list two or three positive things it can help you to do.
- _____

While you watch

- 3 Watch the video. Were your answers to Exercise 2 correct? What does the video say?

- 4 Watch the video up to 01:36. Match 1–4 with a–d to make sentences.

- Experts suggest that teenagers
 - In the experiment you look to see
 - Many people now think that having
 - This intelligence helps you with
- a emotional intelligence makes you healthier.
- b difficult situations or decisions.

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- c if the girl's expression changed.
- d need to do one hour of exercise daily.

- 5 Watch the video from 01:36 to the end. Circle the correct options.

- To improve your emotional intelligence, start with ...
a yourself b friends c family
- When a friend feels angry or sad, think first about ...
a why that is
b what you can say
c how to help them
- You can have better relationships if you ...
a overreact
b react before you think
c learn to react differently
- You can be healthier emotionally if you ...
a are more critical of yourself
b forget you are angry, sad or stressed
c think before you react to a situation

After you watch

- 6 Talk to a partner about what you can remember from the video. Are the sentences T (true) or F (false)? Correct the false sentences.

- Emotional intelligence is often about recognising other people's feelings.

- You need somebody else to use emotional intelligence.

- Emotional intelligence helps you do lots of things better for friends and yourself.

- People often overreact without thinking first about what the other person is feeling.

- If you aren't self-critical, you will be happier.
