



ORTAÖĞRETİM  
GENEL MÜDÜRLÜĞÜ

# ACTIVITY BOOK

## ENGLISH 10

Unit 6

### HELPFUL TIPS

Functions

- Giving and receiving advice
- Talking about rules and regulations
- Talking about consequences

**OGM**  
MATERYAL



**5<sup>th</sup>**  
VOLUME

## PREFACE

Dear Students,

In this activity book, there are activities at various levels and structures that will allow you to use the knowledge and skills you have gained during the teaching processes. With these activities, you will have the opportunity to both revise the subjects you have studied at school and monitor your academic progress. The activities in this activity book prepared for this purpose were structured to include cognitive domain steps.

In the activity book, besides gap filling, matching, multiple-choice, open-ended, short-answer item type activities, there are some other activities which allow you to have a pleasant time with content such as crossword, wordsearch puzzles, skill-based activity, structured grid, and fun time activities. Also, in the "Do I remember?" section, you will be able to self-evaluate academically and you will have the opportunity to revise the missing topics through the data matrix.

We aim to contribute to your academic development with this activity book, which has been meticulously prepared by experts in the field. Hope to see the positive reflections of this study in your education life.



## Do I remember?

How much do you remember? Tick the correct option for you. Add up your points and evaluate your performance according to the scale.

1

*Vacuum the floor, wash the dishes, fold the bed linens, dust the furniture, mow the lawn, empty the dishwasher, recycle the bottles, make the bed, do the shopping* are some collocations related to household chores.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

2

*A chore* means a piece of work that needs to be done regularly.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

3

We use *should / shouldn't / ought to / had better* to suggest something or give advice.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

4

*A cooperation* is the synonym of *collaboration*; however, it is the antonym of *blockage*.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

5

The sentence "*If you use natural light / daylight when possible, you will support energy saving.*" expresses a likely / possible outcome or consequence.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

6

*Must* expresses a personal obligation or the speaker thinks it's necessary; however, *mustn't* expresses a prohibition.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point



## Do I remember?

7

*Salutation, introduction, body paragraph, conclusion, closing* are the functions in a letter of advice.

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

8

The sentence "*You mustn't park here.*" is similar in meaning to the sentence "*You are not allowed to park here.*"

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

9

The sentence "*You shouldn't see the rules and regulations as boundaries of freedom.*" is close in meaning to the sentence "*You had better not see the rules and regulations as restrictions of freedom.*"

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

10

The word *liberty* means *to be free to do what you want and how you live.*

I remember  
2 Points

I partly remember  
1 Point

I don't remember  
0 Point

## EVALUATION SCALE

Points

0-12

Revise the theme!

Points

13-15

Study harder!

Points

16-20

Well done!

Your Total Points



The summary of statement 1



The summary of statement 2



The summary of statements 3, 6, 8 and 9



The summary of statement 4



The summary of statement 5



The summary of statement 7



The summary of statement 10



## Matching

Match the problems with the advice to suggest to a friend what he / she should do.

- A You had better see a dietician and follow the rules.
- B You should tell them the truth and make them believe you are aware of your responsibilities.
- C You should attend sports or free time activities' clubs to make new friends.
- D You ought not to do what your friends told you. You should trust your own decisions.
- E You should share your anxieties about your body with your parents.
- F You had better try new things so you can discover what you like.
- G You should wear an elegant dress, then!
- H You had better listen or watch videos / series / movies in English for about two hours a day.
- I You should let it go! Study hard and be yourself!
- J You ought to show or prove to them how happy you are while doing the work you like.

1 My parents won't let me put on make-up when I go to school.

2 I want to improve my English pronunciation.

3 My parents want me to go to a medical school, but I'm interested in music.

4 I got a bad mark in History, but I haven't told my parents yet because I'm afraid of their reactions.

5 Tomorrow is my best friend's birthday. I want to look like a princess, but I don't know what to wear.

6 I got a lot of weight in the last three years. I want to lose weight and be healthy.

7 One of my friends wanted me to skip Maths class, and I did. Now, my teachers and parents are angry with me.

8 My parents, friends and teachers think I'm useless. This makes me feel bad because I'm trying to do my best.

9 I feel alone, and I want to make new friends, but all people around me are so busy with their electronic devices.

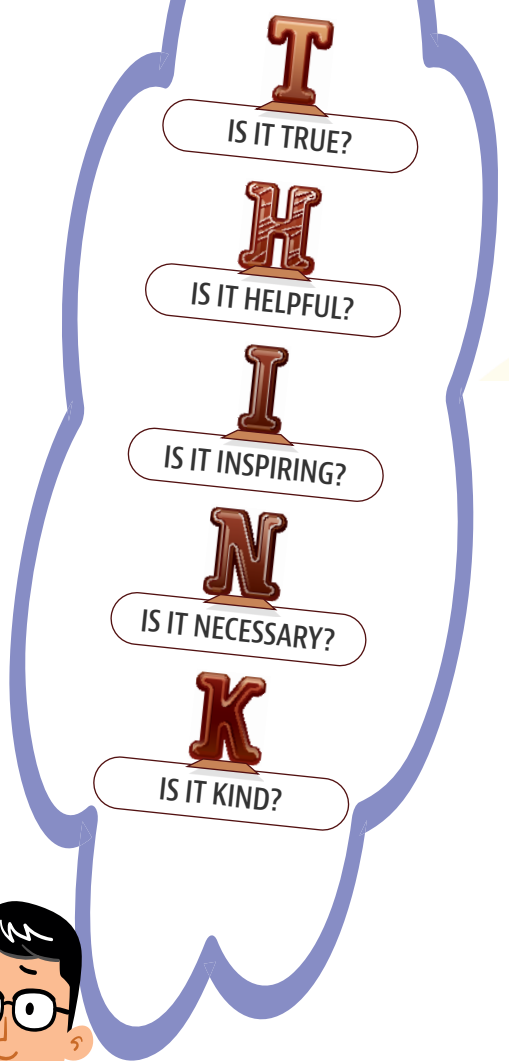
10 I'm nervous about my future job. I can't decide because I don't know what I am good at.

A Read the Netiquette rules and rewrite the sentences with must / mustn't.



## RULES

- 01 Do not share your personal information with strangers.  
*I mustn't share my personal information with strangers.* \_\_\_\_\_
- 02 Do not upload photos of others without asking permission.  
\_\_\_\_\_
- 03 Do not post personal information about another person without a permit.  
\_\_\_\_\_
- 04 Follow the standards of behaviour online in real life.  
\_\_\_\_\_
- 05 Be respectful of yourself and others.  
\_\_\_\_\_





## B Complete the sentences for each situation using the verbs given.

1 You are standing very close to the edge of a swimming pool. You are wearing all your clothes, not a swimming costume. A friend says:  
If you (fall in) \_\_\_\_\_ the pool, your clothes (get) \_\_\_\_\_ wet!

2 You are worried about a test next week. You ask your teacher for some advice. She says:  
If you (study) \_\_\_\_\_ for one hour every day, you (pass) \_\_\_\_\_ the test.

3 You are planning to go to the beach tomorrow with some friends. You are not sure about the weather because it sometimes rains at this time of the year. You arrange to meet tomorrow afternoon and say:  
If it (rain) \_\_\_\_\_, we (go) \_\_\_\_\_ to the cinema instead.

4 You see an eyelash on your friend's face, and you remember the superstition about it and say:  
If you (find) \_\_\_\_\_ an eyelash on your face and (make) \_\_\_\_\_ a wish, your wish (come) \_\_\_\_\_ true.

5 Your friend is preparing a poster about animals that are going extinct. You want to add a sentence to his / her poster, and say:  
Polar bears \_\_\_\_\_ (disappear) if governments \_\_\_\_\_ (not take) measures to stop global warming.

## C Complete the sentences with should / shouldn't and SAY NO TO BULLYING.

1. We \_\_\_\_\_ all \_\_\_\_\_ (accept) other people's differences.

2. We \_\_\_\_\_ (threaten) or \_\_\_\_\_ (tease) other weaker people.

3. No one \_\_\_\_\_ (send) hateful messages on the net.

4. We \_\_\_\_\_ (gossip) about someone.

5. We all \_\_\_\_\_ (stand up) and (speak) \_\_\_\_\_ out against bullying!





1. Which of the following word does not have a synonym in the puzzle?

- |              |   |   |   |   |   |   |   |   |   |
|--------------|---|---|---|---|---|---|---|---|---|
| A) cope with | W | B | R | E | A | K | X | E | W |
| B) cut off   | S | Q | U | N | P | L | U | G | Y |
| C) depend on | T | A | P | R | O | T | E | C | T |
| D) run out   | O | E | S | E | I | N | I | S | H |
| E) turn off  | P | R | V | F | P | I | D | H | M |
|              | Y | M | A | F | A | G | E | O | T |

2. Which of the following collocation is odd?

- |          |            |                  |
|----------|------------|------------------|
| A) 1 - d | 1. vacuum  | a. the bottles   |
| B) 2 - a | 2. recycle | b. the clothes   |
| C) 3 - b | 3. fold    | c. the furniture |
| D) 4 - c | 4. mow     | d. the floor     |
| E) 5 - e | 5. dust    | e. the shelves   |

3. Which of the following idiom can be said instead of an italic sentence below?

**Mom:** Thank you for helping me find the remote control.  
*It is easier when we do it together.*

- A) There's no time like the present.
- B) One hand washes the other, and together they wash the face.
- C) Thanks for giving me a hand.
- D) It's on the tip of my tongue.
- E) Practice makes perfect.

4. Choose the correct option to fill in the blank.

Once a year I thoroughly clean everything at home, and this April my best friend gave me a hand with the \_\_\_\_\_.

- A) spring-cleaning
- B) the laundry
- C) empty the dishwasher
- D) the shopping
- E) recycle the paper

5. Which of the following word is defined with the instructions below?

- It's a list of tasks you need to complete.
- It will help you stay organised.
- Crossing the task off the list gives you a sense of achievement.

- A) Choice
- B) Reservation
- C) To-do list
- D) Insurance
- E) Chores

6. Choose the correct option to fill in the blank.

\_\_\_\_\_ is a measure of the greenhouse gas emissions caused directly or indirectly by an individual or an organisation.

- A) Energy source
- B) Global warming
- C) Fossil fuel
- D) Carbon-footprint
- E) A waste

7.



According to the rules above, which of the following sentence is a **must** at a restaurant?

- A) You must chew an open mouth.
- B) You must show gratitude for the serving.
- C) You must talk loudly at your table.
- D) You must leave the restaurant immediately.
- E) You must thank the chef.





8. Find the correct option to fill in the blank.

The most popular \_\_\_\_\_ are hydro, wind and solar.

- A) greenhouse gas emissions
- B) energy – saving light bulbs
- C) energy wasters
- D) offsets
- E) renewable energy sources

9.

My classmates always call me names because I've got long red hair and freckles.



What should Angela do?

- A) She shouldn't tell anyone else.
- B) She should fight back.
- C) She should feel sad and cry.
- D) She should use the name they call.
- E) She should stay calm and say stop.

10. Read the instructions and find the correct title.

- Do not post negative comments or gossip.
- Do not post personal info.
- Use privacy settings to stop access to your profile.
- Respect others' feelings and privacies.

- A) Online Privacy Rules
- B) Social Media Regulations
- C) Wi-fi Rules
- D) Rules of Netiquette
- E) Internet Regulations

Read the paragraph and answer questions 11-12.

**Could you keep it simple and be kind to yourself?**

Take these several steps and keep balance in your lifestyle.

- **Take care and look after yourself** – To achieve a balanced lifestyle, you must make sure you are healthy. Your body needs plenty of rest, exercise and healthy food. It's important to take some time out from a busy day to enjoy activities such as reading or meditating.
- **Be organised** – It's important to keep a clear mind plan in advance, allowing time for your tasks and making room for activities you enjoy. Being organised can help reduce stress and improve your life balance.
- **Set goals** – It's possible to achieve your goals by gaining a positive mindset. Your dreams can cover anything from your future, your relationships or your success at school.
- **Eat right** – Your body needs healthy foods and nutrients to create new cells, clean toxins and function properly. Be sure you get your meals in order because it can help improve your diet and life balance.

11. What should you do to keep balance in your lifestyle?

- A) You shouldn't do anything special; keep it going.
- B) You should have a plan, so your stress level can decrease.
- C) You should eat whatever you want in order not to be stressed.
- D) You shouldn't dream or plan for your future.
- E) You should go on a diet immediately.

12. Which of the following cannot be the advice of the author to take care of oneself?

- A) You should have some time out to enjoy yourself.
- B) You should read and meditate.
- C) You should have a rest.
- D) You should allow time for yourself to enjoy yourself.
- E) You should cancel everything for tomorrow.



Read the poem and answer the questions.

## TRANQUILIZER

**H**Health, money, household chores, time-saving...

**E**mergency, stressed of time-out!

**L**ying on the sofa, still thinking...

**P**lanning in vain, if there is

**F**rustration,

**U**nhappiness,

**L**ack of organisation.

**T**omorrow is a new beginning,

**I**ntentions mean a thing,

**P**ositivity helps,

**S**earch the Net and make it start!

**I**dentify the tasks,

**M**ake a to-do list,

**P**rove yourself!

**R**educe your waste time.

**O**pportunities come with this,

**V**ictories are on doorsteps,

**E**mergency has gone.

**W**armth of peace in heart,

**E**ase of mind, ease of heart,

**L**ullaby...

**L**ullaby...

**B**alance in life at last!

**E**fficient and as busy as a bee,

**I**mpression and improvement in me,

**N**either anxiety nor stress!

**G**uess why it is! Effects of helpful tips?

*by Havva Ahu ALMALI*



**NEVER LET  
YOUR FEAR**

**DECIDE YOUR  
FUTURE**



**DID YOU KNOW ...?**

Lavender can create a relaxing atmosphere, and so it reduces anxiety and depression.



## A Answer the questions.

1. Look at the first letters of each line and write the message in the acrostic poem.  
\_\_\_\_\_
2. Find three negative adjectives from the poem and describe the poet's feelings at the beginning?  
\_\_\_\_\_
3. What should you do to start a new beginning according to the poet?  
\_\_\_\_\_
4. Find three positive words and describe the poet's feelings at the end?  
\_\_\_\_\_
5. The poet thinks positivity and peace are the results of helpful tips; do you agree with that?  
\_\_\_\_\_

## B Find the antonyms of the words below in the poem and learn their meanings.

- 1 Chaos \_\_\_\_\_
- 2 Disunity \_\_\_\_\_
- 3 Happiness \_\_\_\_\_
- 4 Useless \_\_\_\_\_
- 5 Defeat \_\_\_\_\_

## C Read the instruction paragraph below.

*We all worry and get upset from time to time. It's a normal part of life, right? But what happens if we can't calm down? Here are some helpful, actionable tips you can try the next time you need to calm down.*

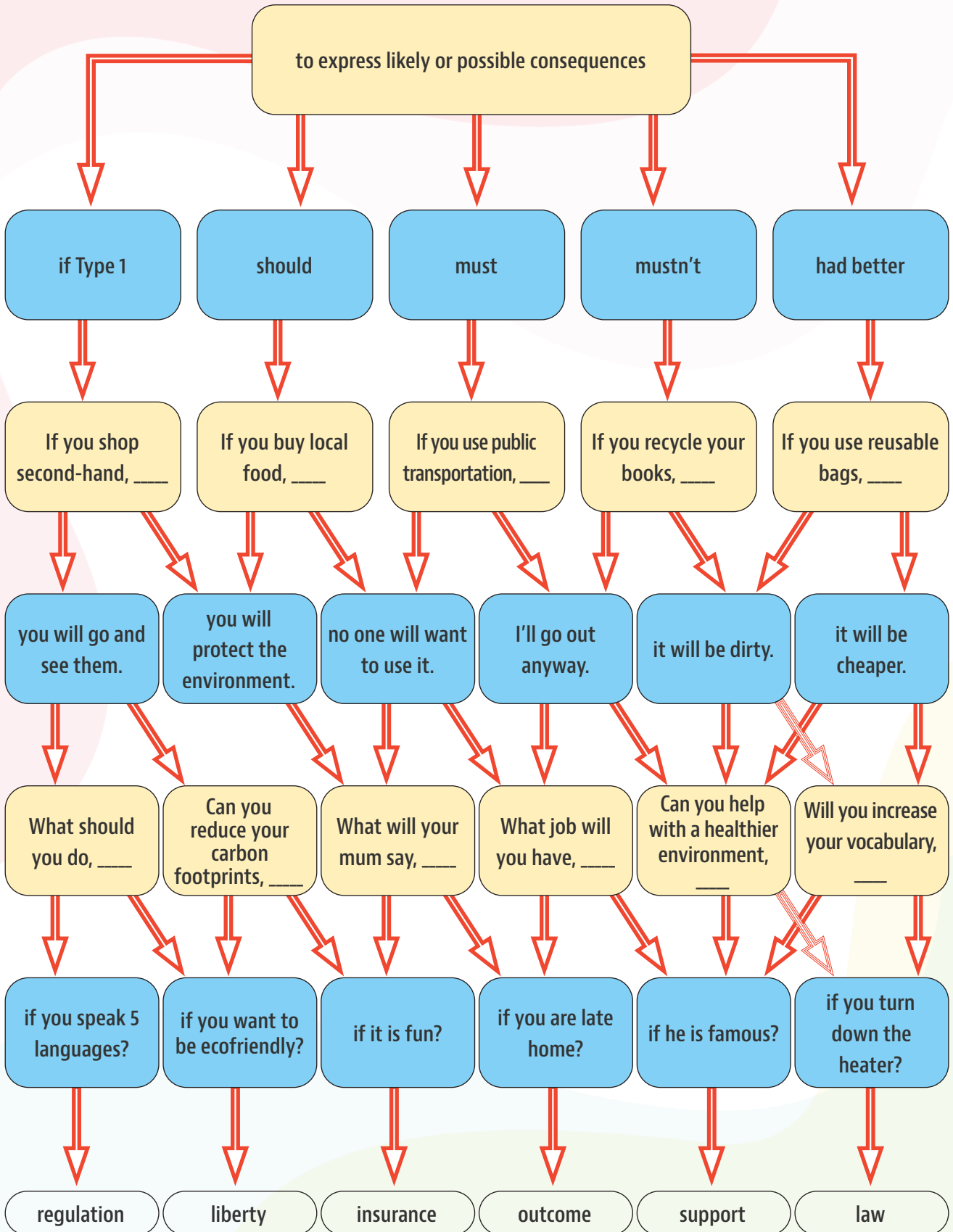
**Decide what you should do when you get upset by choosing the True Tips among the sentences below.**

1. Take a deep and long breath. / Take a quick and short breath.
2. Punch the walls or somewhere else. / Go for a walk or run.
3. Focus on the event you have experienced. / Leave the situation for better decision making.
4. Listen to soothing music. / Listen to hard music.
5. Deny that you are angry or anxious. / Admit that you are angry or anxious.



# Skill-based Activity

1. Read the explanation in the yellow box and then circle the correct rule for the explanation from one of the blue boxes in the second row.
2. The arrow from the blue box will lead you to the next yellow box. Repeat the process until you reach a word and circle it.





Identify the missing word in each box, and row and column and fill in the correct word to complete the puzzle. Make sure each of the nine blocks has to contain all the given words within its squares. Each word can only appear once in a row, column or box.

## WORD SUDOKU

The words that are used in the puzzle:

|             |             |            |             |        |
|-------------|-------------|------------|-------------|--------|
| responsible | choice      | device     | consequence | advice |
| renewable   | distraction | regulation | chore       |        |

|             |             |             |             |             |             |             |             |             |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| advice      | distraction |             |             | device      |             |             | responsible | consequence |
| regulation  |             |             | responsible | chore       | advice      | distraction | choice      |             |
|             | chore       | renewable   |             | choice      |             |             | regulation  | device      |
| renewable   | advice      | chore       |             | regulation  |             |             |             | distraction |
| choice      |             |             | renewable   |             | distraction |             |             | responsible |
| device      | responsible |             |             | consequence |             |             |             | regulation  |
| chore       |             | responsible | advice      | distraction | device      |             |             | choice      |
|             | renewable   |             |             |             |             | regulation  | distraction |             |
| distraction | choice      | advice      | consequence |             | regulation  | responsible |             |             |



Find the appropriate boxes for the answer to each question and tick the box numbers and write in a logical or functional order numbers in the grid below.

|   |     |   |      |   |              |    |               |    |           |    |            |
|---|-----|---|------|---|--------------|----|---------------|----|-----------|----|------------|
| 1 | you | 2 | wear | 3 | use          | 4  | while driving | 5  | walk away | 6  | are        |
| 7 | not | 8 | must | 9 | a cell phone | 10 | a seat belt   | 11 | should    | 12 | allowed to |

1. What mustn't you do if you are a driver?

|   |   |   |   |   |   |   |   |   |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|----|----|----|

2. What is the first thing you must do when you get in a car?

|   |   |   |   |   |   |   |   |   |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|----|----|----|

3. How should you react to a bully?

|   |   |   |   |   |   |   |   |   |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|----|----|----|

4. What phrase can you use instead of *mustn't*?

|   |   |   |   |   |   |   |   |   |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|----|----|----|

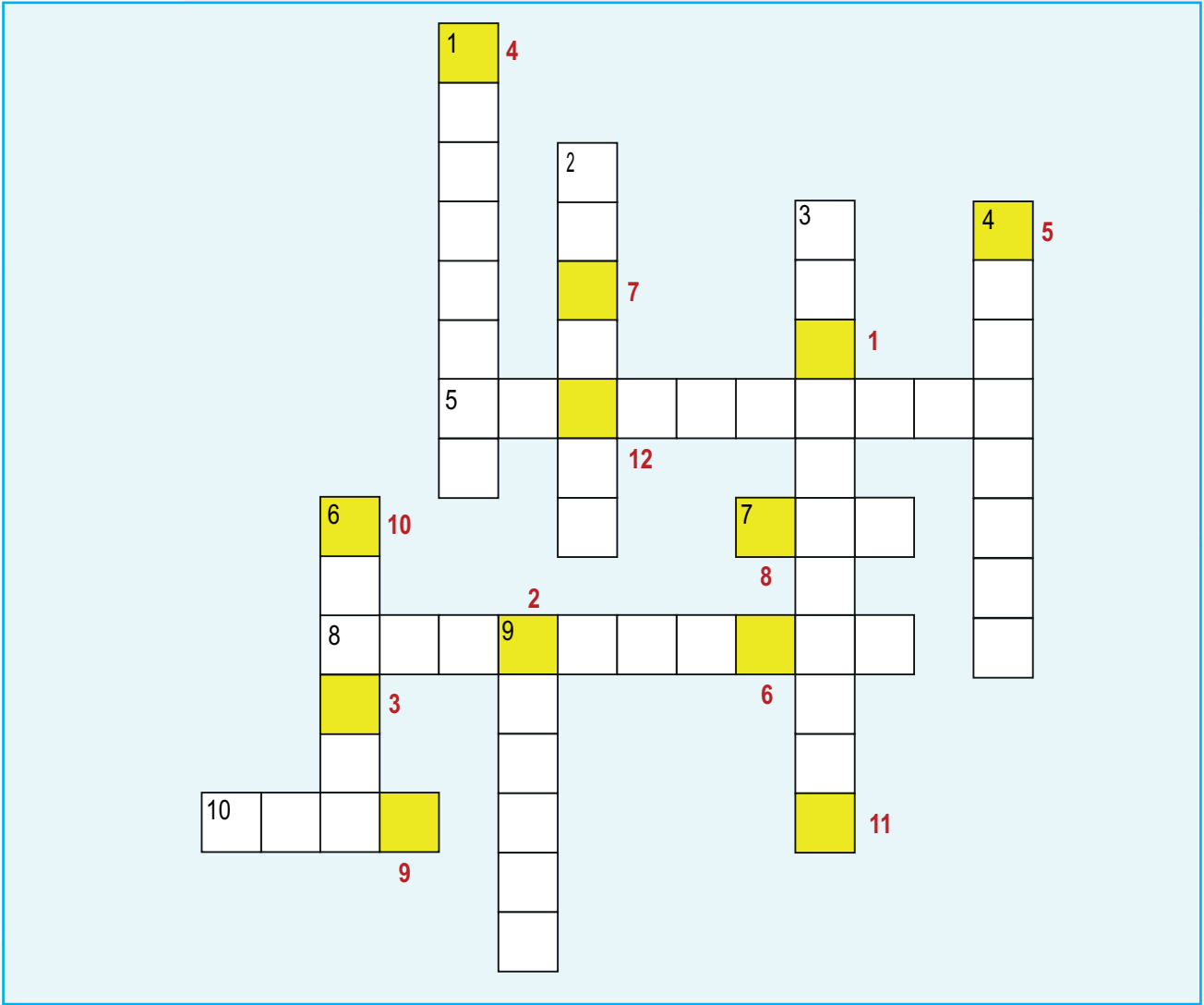
5. Which equipment of a car protects you from a car accident injury?

|   |   |   |   |   |   |   |   |   |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|---|---|---|---|---|---|---|---|----|----|----|



# Crossword Puzzle

Do the crossword puzzle. Then, find the keyword.



## ACROSS

- 5. an official rule
- 7. the system of rules in a country
- 8. to give support or money
- 10. to behave according to a rule, law or instruction

## DOWN

- 1. a difficult situation making you feel worried or unhappy
- 2. not allowed by law
- 3. the state of being very annoyed
- 4. the limit of what is acceptable
- 6. the money earned by a person, company, government
- 9. the possibility of happening a bad thing

Keyword:



1 2 3 4



5 6 7 8 9 10 11 12



# Wordsearch

Find and circle the words that are hidden in the grid. The words may be hidden in any direction. The unused letters in the first lines of the grid will give you the hidden message.



CONSUMPTION  
EMISSION  
INDIVIDUAL  
POLICY  
RESPECTFUL

CONVINCE  
FAILURE  
JUSTICE  
PUNISHMENT  
SOCIETY

DEVELOP  
IMPACT  
PEER  
REFEREE  
VITAL

HIDDEN MESSAGE: \_\_\_\_\_!



## Matching

- 1 — 1. E    2. H    3. J    4. B    5. G    6. A    7. D    8. I    9. C    10. F

## Gap Filling

- A** —
1. I mustn't share my personal information with strangers.
  2. I mustn't upload photos of others without asking permission.
  3. I mustn't post personal information about another person without a permit.
  4. I must follow the standards of behaviour online that I do in real life.
  5. I must be respectful of myself and others.
- B** —
1. If you fall in the pool, your clothes will get wet!
  2. If you study for one hour every day, you will pass the test.
  3. If it rains, we will go to the cinema instead.
  4. If you find an eyelash on your face and make a wish, your wish will come true.
  5. Polar bears will disappear if governments don't take any measures to stop global warming.
- C** —
1. We should all accept other people's differences.
  2. We shouldn't threaten or tease other weaker people.
  3. No one should send hateful messages on the net.
  4. We shouldn't gossip about someone's back.
  5. We all should stand up and speak out against bullying!

## Multiple Choice

1. C    2. D    3. B    4. A    5. C    6. D  
7. E    8. E    9. E    10. D    11. B    12. E

## Reading Activity

- A** —
1. Helpful tips improve well-being.
  2. frustration, unhappiness, stress
  3. I should search the net. / I should identify the tasks. / I should make a to-do list. / I should reduce waste time.
  4. peace, efficiency, improvement
  5. Students' own answers
- B** —
1. Tranquillity
  2. Balance
  3. Frustration
  4. Efficient
  5. Victory
- C** —
1. Take a deep and long breath.
  2. Go for a walk or run.
  3. Leave the situation for better decision making.
  4. Listen to soothing music.
  5. Admit that you are angry or anxious.

# Answer Key

## Skill-based Activity



outcome

## Fun Time

|             |             |             |             |             |             |             |             |             |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| advice      | distraction | choice      | regulation  | device      | renewable   | chore       | responsible | consequence |
| regulation  | device      | consequence | responsible | chore       | advice      | distraction | choice      | renewable   |
| responsible | chore       | renewable   | distraction | choice      | consequence | advice      | regulation  | device      |
| renewable   | advice      | chore       | device      | regulation  | responsible | choice      | consequence | distraction |
| choice      | consequence | regulation  | renewable   | advice      | distraction | device      | chore       | responsible |
| device      | responsible | distraction | chore       | consequence | choice      | renewable   | advice      | regulation  |
| chore       | regulation  | responsible | advice      | distraction | device      | consequence | renewable   | choice      |
| consequence | renewable   | device      | choice      | responsible | chore       | regulation  | distraction | advice      |
| distraction | choice      | advice      | consequence | renewable   | regulation  | responsible | device      | chore       |

## Structured Grid

|   |     |   |     |   |   |   |   |   |   |    |    |    |
|---|-----|---|-----|---|---|---|---|---|---|----|----|----|
| 1 | 1.✓ | 2 | 3   | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 2 | 1.✓ | 2 | 3.✓ | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 3 | 1.✓ | 2 | 3   | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 4 | 1   | 2 | 3   | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 5 | 1   | 2 | 3   | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |

# Answer Key

## Crossword Puzzle

1 P 4  
R  
E  
S  
S  
U  
5 R E G U L A T I O N  
E  
6 I 10  
N  
8 C O N T R I B U T E  
O 3  
M  
10 O B E Y 9  
L  
A  
T  
I  
O  
N  
D  
A  
R  
Y  
7 L A W  
8 C  
6 I  
N  
11 N  
12 R  
U  
L  
E  
R

**KEYWORD: STOP BULLYING!**

## Wordsearch

A C T W I S E L Y A E F  
A E O N E G S R A Z Q Y E R A  
Z V W H E R R T F N C W C I  
T H J F V M E J I A O I S R L  
I M P A C T H F V R I L T E U  
M N N M B V Q S E S T O Z S R  
E Y D U Q W L D I R P P S P E  
S C G I B T D N G N M V O E C  
I M I I V E O J D P U G C C O  
A A X T V X R E E P S P I T N  
B Z P E S X D N Q K N G E F V  
O S L S J U N U A W O Y T U I  
P O I F K I J B A E C X Y L N  
P M P A I I P X N L N J O E C  
E R J T F D D F M R J P Q F E

HIDDEN MESSAGE: A C T W I S E L Y !

**Etkileşimli Kitaplar**

**Beceri Temelli Kitaplar**

**Soru Bankası**

**Mobil Soru Bankası**

**Dinamik Uygulamalar**

**3B Modeller**

**YKS Kampı**

**TRT EBA TV Lise**

**OGM**  
**MATERYAL**



<http://ogmmateryal.eba.gov.tr>