חרדי הדמיה חורף 2027

PART 1

1. Hi Andy, I'm sorry but I can't meet you next week. I'm going on a trip to London with my family.

a. I can't remember.

b. Of course not!

c. Enjoy yourself!

2. This box is really heavy. Where do you want me to put it?

a. Over here.

b. Let's hope for the best.

c. It's not fair!

3. Tomorrow is your sister's wedding! How do you feel?

a. Please forgive me.

b. I'm excited!

c. Could you show me?

4. Wake up! Are you still sleeping? We are going to be late for our meeting!

a. With pleasure.

b. I forgot all about it.

c. On your right.

5. You look so serious. What are you thinking about?

a. I'm trying to solve a problem.

b. Goodbye.

c. Over there.

PART 2

Listen to the radio program given by Dr. Silver, a therapist.

הקשיבו לתוכנית הרדיו בהנחיית המטפל ד"ר סילבר.

Hello listeners and welcome to my radio program. My name is Dr. Silver. I am a therapist and I try to help people solve all kinds of problems. Today I am going to try to help Sammy with his problem.

This is what Sammy wrote.

"Dear Dr Silver. I have a problem. Almost everything such as tests, teachers, friends and problems at home makes me feel stressed. I can't relax. What can I do?"

Thank you, Sammy, for this very good question. Many people have this problem and I will try to give you a few tips to help you solve it.

First, when you get up in the morning and before you do anything else, do some breathing exercises. Take deep breaths to get as much air in your body as you can. You will feel relaxed right away and will be able to begin your day without stress!

Also, doing things that you enjoy will help you relax. For example, you can read a book, listen to relaxing music, go for a walk in the park or by the sea.

My last tip is very surprising! Believe it or not, eating certain food can help you relax. When you feel stressed, try eating a banana or yogurt. I tried it and it works! Drinking coffee or eating sweet things such as cookies or cake won't help you relax though, so stay away from them.
Sammy, I hope these tips will help you. Please write me again and let me know if they do.

This is all for today, dear listeners.

Bye for now 😊

6. What does Dr. Silver do on his radio program?

a. He sings songs that people like.
b. He helps people with their problems.
c. He teaches people English.

7. When should Sammy do breathing exercises to relax?
    a. Before he goes to sleep.
    b. In the morning.
    c. In the afternoon.

8. According to Dr. Silver, what can Sammy do to relax?
    a. Sammy can read a book.
    b. Sammy can study for a test.
    c. Sammy can go to sleep.

9. Which tip does Dr. Silver give Sammy that is very surprising?
    a. Taking deep breaths will help him relax.
    b. Sharing his problem with a friend will help him relax.
    c. Eating a banana will help him relax.

10. Why does Dr. Silver ask Sammy to write him back?
    a. To tell Dr. Silver if the tips helped him.
    b. To ask Dr. Silver for more tips.
    c. To thank Dr. Silver for the tips he gave him.

PART 3

11. Tell me a few things about yourself.

ALSO, tell me about a subject that you like to study at school.

Explain why you like to study this subject.

12. Tell me a few things about yourself.

ALSO, tell me about something that you have that is special to you.

Explain why it is special.

PART 4

THE KITE העפיפון

You may use the following words in your answer:	**בתשובה תוכלו להשתמש במילים האלה:**
to fly a kite	להעיף עפיפון
torn	קרוע
cellotape	נייר דבק