

1. Andy, I have to go away for the weekend. Could you please take care of my plants?
 - a. **Of course! No problem.**
 - b. Good night.
 - c. Turn it off.

2. Andy, I see that you are reading a book. Is it good?
 - a. It's rainy.
 - b. That's too bad.
 - c. **It's great**

3. I need to tell you something. I had a very bad experience today.
 - a. Do your best!
 - b. **What a shame!**
 - c. Pleasant dreams.

4. Why didn't you come on the trip up north yesterday?
 - a. **I can't stand the cold.**
 - b. Congratulations.
 - c. How do you do?

5. Guess what! We are going to a restaurant tonight.
 - a. Turn it off.
 - b. There's no doubt.
 - c. **Enjoy yourselves!**

Listen to the following radio program given by Dr. Levy, a psychologist.

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

This is what Haim wrote to me.

"Dear Dr. Levy, I don't know what to do. I don't sleep well at night. It is hard for me to fall asleep and I wake up many times during the night. During the day, I feel very tired and I do not have energy to do anything. What can I do?"

Thank you, Haim, for this important question. I want you and all the listeners to know that many people have this problem. Here are a few tips to help you sleep better.

- First of all, turn off your phone and make sure that it is not near your bed. That way you will not hear it ring.
- Also, you can listen to some quiet music before you go to sleep. This will relax you and help you have a good sleep.
- The best advice I can give you is to clear your mind before you go to sleep. If you start thinking about your problems, for example, a test that you need to study for or something you forgot to do, you will think about that instead of sleeping.

Haim, I hope these tips will help you sleep better! If you have a better tip, please write and tell me. I will share it with our listeners.

That's all for today! If you have any problem, big or small, write to me and I will help you solve it!

Don't miss next week's radio program! On it, I will give Shlomo some tips how to help a friend solve his problem.

Bye for now!

6. What problem does Haim have?
 - a. He doesn't sleep well at night.
 - b. He doesn't know how to study for tests.
 - c. He doesn't know how to find a good job.
7. What does Dr. Levy tell the listeners about Haim's problem?
 - a. That Haim's problem is not important.
 - b. That a lot of people have the same problem.
 - c. That he doesn't know how to help Haim with his problem.
8. What should Haim do if he wants to sleep better?
 - a. He should think about his problems before he goes to sleep
 - b. He should put his phone close to his bed before he goes to sleep
 - c. He should listen to some relaxing music before he goes to sleep
9. Why does Dr. Levy tell Haim to write him again?
 - a. To thank him.
 - b. To tell him if he has a better tip.
 - c. To ask him for advice about a different problem.
10. What will Dr. Levy's next radio program be about?
 - a. Helping with a friend's problem.
 - b. Eating healthy food.
 - c. Finding a good job.

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 it.

12. Tell me a few things about yourself.

ALSO, tell me what things you like to do on a nice summer day.

Explain why you like to do these things.

| APPLE CAKE | עוגת תפוחים |
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| ▶ 0:00 / 0:01 ————— 🔊 | ▶ 0:00 / 0:01 ————— 🔊 |
| <p>You may use the following words in your answer:</p> <p>bandage basket climb ladder pick</p> | <p>בתשובה תוכלו להשתמש במילים האלה:</p> <p>bandage: תחבושת basket: סל climb: לטפס ladder: סולם pick: לקטוף</p> |



