Unit 2 Feeling Good?

Adverbs

Make + adjective
Adverbs: Saying how and how often you do something

Adverbs describe how we do something. They also describe how often we do something.

People who don’t sleep well can get ill more easily. If you sleep regularly, you’re usually able to pay more attention at school.

To make adverbs, we usually add -ly to the adjective.

quick ——> quickly

When the adjective ends in:
• -y, we take off the -y and add -ily.
easy ——> easily
• -le, we take off the -e and add -y.
simple ——> simply

Some adverbs don’t end in -y and have the same form as the adjective.

hard ——> hard
fast ——> fast
early ——> early
late ——> late

Some adverbs don’t end in -y and have a different form from the adjective.
good ——> well

Adverbs that describe how we do something usually go after the main verb.

He goes to sleep quickly every evening.

When we want to talk about habits or we want to say how often something happens, we use adverbs of frequency.

0% ——> never
rarely
sometimes
often
100%
always

Adverbs of frequency usually come before the main verb, unless the verb is be.

I often go to sleep late.
I am usually tired at school.
I always sleep more at weekends.

1. Complete the sentences with an adverb from the box.
   badly carefully easily late often quickly rarely regularly well

   Example: I rarely go to bed before midnight.

   1. I slept very ____________ last night and feel great this morning.
   2. He ____________ completed the test in time.
   3. I watched as the boy ____________ picked up the injured bird.
   4. I arrived ____________ and the play had started.
   5. The girls played ____________ and lost the match.
   6. If you take the medicine, you will get better ____________.
   7. It’s important to exercise ____________.
   8. Jason ____________ goes to the library after school.

2. Complete the second sentence so it has the same meaning as the first.

   Example: It is a fast train. The train travels fast.

   1. My sleep is good. I sleep ____________.
   2. My food is healthy. I eat ____________.
   3. He was gentle when he touched the bird. He touched the bird ____________.
   4. My dad was very angry. He reacted ____________.
   5. My test result was terrible. I did ____________ in the test.
   6. My sister was calm during the storm. She behaved ____________.
   7. My teacher was clear when she explained the topic. She explained the topic ____________.
   8. It isn’t usual for me to go to bed after midnight. I don’t ____________ go to bed after midnight.

3. Use the prompts to write questions. Change the adjectives to adverbs.

   Example: your brother / sleep / good Does your brother sleep well?

   1. he / go to bed / early
   2. why / your sister / sleep / bad
   3. how / you / think / clear
   4. why / you / talk / loud
   5. why / you / eat / slow
   6. when / we / learn / quick / in class
   7. what / you / do / frequent
   8. when / I / get up / easy
**Make + adjective:** Saying what affects mood and feelings

The verb *make + adjective* is used with mood and feelings. We use it to describe how someone or a group of people feels as a result of something else.

A lack of sleep *makes* you tired.

Some viruses *make* us very ill.

**Subject pronouns**

<table>
<thead>
<tr>
<th>I</th>
<th>you</th>
<th>he/she/it</th>
<th>we</th>
<th>you</th>
<th>they</th>
</tr>
</thead>
</table>

**Object pronouns**

| me | you | him/her/it | us | you | them |

1. **Complete the sentences with make or makes and the object pronoun in brackets.**

   **Example:** Exercise usually *makes me* feel good. (I)
   1. Sleeping well *makes* me ____________ calmer. (we)
   2. Being late *makes* me ____________ angry. (she)
   3. Some viruses *make* us ____________ very weak. (you)
   4. Medicine *makes* us ____________ feel better. (we)
   5. Exams *make* me ____________ nervous. (I)
   6. Sunshine and rain *makes* ____________ grow quickly. (it)
   7. Mum says that a healthy diet *makes* us ____________ more resistant to illness. (we)
   8. I do it to ____________ happy. (they)

2. **Rewrite the sentences in the negative.**

   **Example:** Fast food makes me ill.
   Fast food *doesn’t make* me ill.
   1. A bad night’s sleep makes me happy.
   2. Exercise makes us feel worse.
   3. My friends make me sad.
   4. My mum makes me wash my own clothes.
   5. My dad makes me play football when I’m tired.
   6. My brothers make me angry.
   7. Homework makes my friends stressed.
   8. Listening to music makes me feel sad.

3. **Match the two halves to make complete sentences.**

   **Example:** Swimming in the sea makes me cold.
   1. Medicine usually ____________ makes me happy.
   2. Lying in the sun can ____________ makes me nervous.
   3. Eating too much fast food can ____________ makes us feel better.
   4. Watching my football team score ____________ makes you feel hot.
   5. Speaking in front of a lot of people ____________ often makes people feel calmer.
   6. Really loud music can ____________ make you fat.
   7. A lovely, warm bath ____________ make your skin turn blue.
   8. Very cold water can ____________ sometimes make my head hurt.

4. **Complete the sentences with your own ideas.**

   **Example:** Swimming in the sea makes me cold.
   1. ____________ makes me ill.
   2. ____________ makes me nervous.
   3. ____________ makes me angry.
   4. ____________ makes me sad.
   5. ____________ makes me tired.
   6. ____________ makes me laugh.
   7. ____________ makes me cry.
   8. ____________ makes me nervous.

**WRITING**

Write three sentences saying how often people make you feel a certain way.

**Example:** My sister *often makes me* feel annoyed.