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Helen is reading the contents page of a book.

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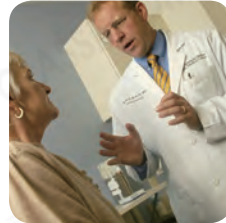
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A Choose the best answers by blackening the circles.

1. Chapter 1 helps Helen _____.
- A. solve her daily problems
 - B. learn how to control her emotions
 - C. manage her emotions when she feels bad
 - D. learn more about different kinds of emotions

2. On which page may Helen see this photo?
- A. Page 15
 - B. Page 19
 - C. Page 29
 - D. Page 32



3. Helen wants to control her anger. What can she do?
- A. Try not to think what makes her happy
 - B. Focus on the person who makes her angry
 - C. Focus on the thing which makes her angry
 - D. Take a deep breath and stay alone for ten minutes

4. According to Chapter 3, which of the following is NOT a good way to manage your emotions?

- A. Talk to your friends when you feel upset
- B. Develop some hobbies which help you relax
- C. Go to bed early at night in order to have enough sleep
- D. Always prepare for the worst as bad things may happen suddenly

Q4

Eliminate the content you can find in Chapter 3.



5. Helen CANNOT _____ by reading the book.
- A. learn about bad feelings
 - B. know how sports cheer people up
 - C. find ways to keep herself calm
 - D. learn about the history of therapies

B Answer the questions in complete sentences.

6. How many sub-chapters are there in the book?
- _____

Q7

Match the sentence with the main idea of each sub-chapter.



7. 'Some people prefer listening to music while some choose to eat tasty food.'
On which page can Helen read this sentence?
- _____