



Ken is reading a chant about being a good person.

Be a Better You

by Zoe Murray

Be polite.

Always say 'Thank you'
When someone helps you.

Be punctual.

Wear a watch every day
So that you won't be late.

Be friendly.

Everyone will like you
And be nice to you.

Be generous.

Always be willing to share
And let joy be everywhere.

Be healthy.

Develop some good eating habits,
Such as _____? and eating more lettuce.

Be happy.

Relax, don't worry.
Never fear to start a new journey.

Be forgiving.

Accept others' mistakes and make fewer
complaints.
Because not all of us are saints.

Follow the advice.

Pluck up your courage
And be ready to change!

Choose the best answers by blackening the circles.

1. Ken's friend couldn't sleep well because she did a poor job in the test. Ken may say to her, '_____'

- A. Make fewer complaints!
 B. Accept your mistakes!
 C. Don't be afraid to try again!
 D. Pluck up your courage!

3. Zoe thinks saints seldom _____.

- A. forgive others
 B. accept others
 C. make mistakes
 D. handle complaints

Q3
A saint is a very good person.

skill 2. Which of the following **CANNOT** replace '_____?' in the chant?

- A. not being a picky eater
 B. ordering takeaways
 C. eating fewer sweets
 D. cooking with fresh ingredients

Write 'T' (True) or 'F' (False) in each box.

4. (a) Sharing makes people happy.
(b) We should go on a journey when we are worried.
(c) Changing needs courage.