

## 18

## What are friends for?



Level: 1



## Let's think!

1. Why might you want a friend?
2. What do you think a real friend is?

PLAYLIST



READ ALONG



## Text 1



## Iris's Reflections

## Inner Void

Iris • 8 comments



**1** I'm feeling left out in life, despite managing things well on my own. The truth is, I constantly experience intense loneliness. As I have no one to share my stories with, I end up watching TV shows on my phone every night, which makes me tired and unable to concentrate on my studies. I long for someone who can truly understand and connect with me. 5

**2** It's not that I doubt the love and affection of my family. They always try to help me and give me useful advice. However, it is at night that my solitary life is most evident. I desperately yearn for an end to this loneliness. 10

**3** I realise that my need for meaningful connection runs deeper than sharing meals or conversations with someone. I need to take action to address this loneliness. I should seek out new ways to connect with those who share my interests. Opening up myself to others may lead to what I'm seeking. 15

**4** In the meantime, I must also work on my own well-being. It's essential to establish a healthy routine that doesn't involve watching TV shows into the early hours of the morning and so allows me to have a refreshed start each day. I'll also need to strengthen my emotional health. I hope to shake off the weight of loneliness and find a sense of contentment within myself. 20

**5** I understand that I won't find the answers overnight, but I'm committed to exploring these paths and discovering the connections and understanding I crave. I remind myself that it's fine to feel lonely, and that I deserve to be seen, heard and understood. 20

~260 words

Read Text 1 and answer questions 1–7. For multiple-choice questions, choose the best answer and blacken ONE circle only. (12 marks)

1. Read paragraph 1. Determine whether the following statements are True (T), False (F), or Not Given (NG).

	T	F	NG
(i) The writer's intense loneliness causes her to think that her life is meaningless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) The writer only feels lonely at night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) The writer thinks that watching TV late at night is bad for her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. According to paragraph 2, how does the writer feel about her family?

2 Does the writer feel positively or negatively about her family?

- A. She believes they do not understand her.  
 B. She doubts that they love her.  
 C. She feels disconnected from them.  
 D. She appreciates their help and support.

A      B      C      D  
        

3. Find a word in paragraph 2 that means 'lonely'.

\_\_\_\_\_

4. What does the writer think she must do to find friends who share her interests?

\_\_\_\_\_

5. Look for words in the text that match with the following definitions.

- (i) \_\_\_\_\_ (para. 2) (*adj.*) easy to notice  
 (ii) \_\_\_\_\_ (para. 4) (*adj.*) energetic and not tired  
 (iii) \_\_\_\_\_ (para. 4) (*n.*) the feeling of being happy and satisfied  
 (iv) \_\_\_\_\_ (para. 5) (*v.*) to want something very strongly

6. According to paragraph 5, which of the following statements does NOT match the writer's view?

- A. I believe that I won't be lonely very soon.  
 B. It is up to me to find friends.  
 C. There is nothing wrong with feeling lonely.  
 D. I am worthy of being understood by others.

A      B      C      D  
        

7. Which is the best alternative title for the text?

- A. It is good to be on your own  
 B. It is up to you to beat loneliness  
 C. The importance of healthy routines  
 D. The love from friends and family is irreplaceable

A      B      C      D



1 In a world where no one is an island,  
Where souls find comfort in barren lands,  
You become a magic potion,  
Calming my troubled heart in the vast ocean.

5

2 In times of darkness, when hope fades,  
You bring light and love, both comforting aids.  
You heal my wounds, embracing pain and fears,  
Creating a safe haven, a sanctuary here.

10

3 They say no bird soars without its wings,  
And bonds cannot form without shared beginnings.  
You are not my shadow or servant,  
To me, everything you do is so important.

4 You are a \_\_\_\_\_, reflecting my true self,  
Accepting me, whether I'm a calf or a wolf.  
For you mend the broken bits of my soul,  
Never leaving me alone, making me whole.

15

5 You are a \_\_\_\_\_, guiding me through life's maze,  
Navigating tides, in both gentle and fierce waves.  
With you by my side, I fear no unknown,  
Together we conquer, our spirits brightly shown.

20

~160 words

### Looking into Grammar

When writing, it is important to construct logical sentences so that the meaning can be expressed accurately. To achieve this, we can use *linking words* to join different ideas together:

✓ I'm feeling left out in life, *despite* managing things well on my own.

negative idea

positive idea

? Circle two more linking words in Text 1 that express contrast.



# Vocabulary

## GLOSSARY



A. Complete the diary entry below with the given words. Make sure your answers are grammatically correct.

**Adjective:** committed intense solitary

**Adverb:** desperately

**Noun:** contentment sanctuary

**Phrasal verb:** shake off

**Verb:** deserve embrace yearn

## Best friends forever

26<sup>th</sup> October 20XX

Rainy

Dear Diary,

Today I found out that my best friend, Christian, has a new friend. When I called his home to see if he wanted to come out and play, his mum told me that he had already gone out to play with Martin. Immediately, a / an (1) \_\_\_\_\_ feeling of jealousy popped up within me. Even a couple of hours later, I still could not (2) \_\_\_\_\_ this feeling. I asked myself, 'How could he do this to me?'

For as long as I can remember, I did not have any friends and lived a / an (3) \_\_\_\_\_ life. I (4) \_\_\_\_\_ for a true best friend (5) \_\_\_\_\_. It was my biggest wish. When Christian joined my class two years ago, I knew that my wish had come true. We became good pals quickly and soon started spending every free moment together.



Christian was indeed a dependable friend. When I felt down, he was always (6) \_\_\_\_\_ to providing me with his comforting presence. In this way, he was a kind of (7) \_\_\_\_\_ to me, a friend who protected and supported me. Whenever I was with Christian, all I felt was peace and (8) \_\_\_\_\_. He had become just that important in my life.

After reflecting on this for a while, I decided to talk to Mum. She told me that Christian (9) \_\_\_\_\_ to have more than one friend. 'You don't need to worry,' she reassured me. 'He will still be there for you.'

Mum was right. I should (10) \_\_\_\_\_ the idea of Christian having another friend. I should get to know Martin. Who knows, Christian, Martin and I might become a circle of friends.

B. Complete the crossword puzzle below with the given words.

### The qualities of a good companion

constructive

empathetic

encouraging

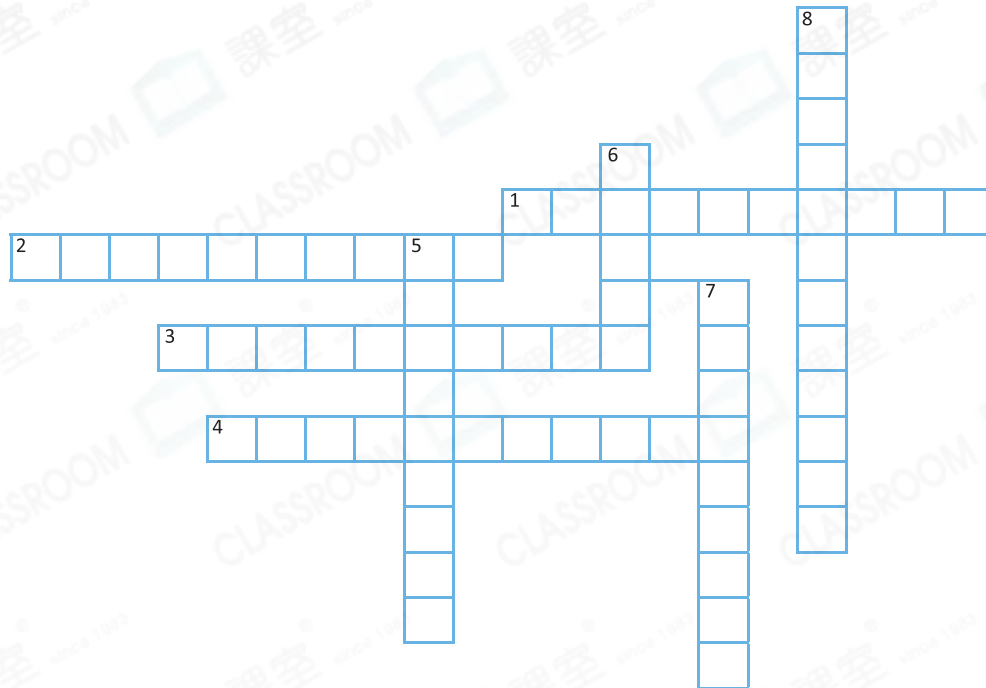
forgiving

inclusive

loyal

respectful

thoughtful



#### Across:

- Sarah makes \_\_\_\_\_ gestures such as sending Zoe a care package when she had a heavy cold.
- Alex is a / an \_\_\_\_\_ friend who listens attentively and offers comfort when you feel down.
- Lily speaks in a / an \_\_\_\_\_ way to her elders, showing appreciation for their wisdom and experience.
- Emily is a / an \_\_\_\_\_ friend. She motivated Jake to continue pursuing his passion for playing the guitar, even when he was unsure.

#### Down:

- Lisa creates a / an \_\_\_\_\_ environment where everyone feels they belong.
- Emily is a / an \_\_\_\_\_ friend. She is always there when her friends need help.
- Jeff is incredibly \_\_\_\_\_. He always chooses to let go of conflicts or disagreements.
- Sally can always give useful advice when I find myself in trouble. She is such a / an \_\_\_\_\_ friend!

## Writing

What quality do you value most in a friend?

Write an article of about 180 words to discuss the quality that you value most in a friend.