

A Little Girl's Smile

A little girl smiled at an athlete _____.

The girl's smile helped the man feel better.

It _____ him _____ a nice fan that he had.

So, he wrote the fan a thank-you letter.

The letter really pleased the athlete's fan.

So, he left a large tip for a waitress after a small lunch.

_____, the waitress saw a poor man on a bench.

So, she gave part of the tip to the man.

On the way to his room, the poor man saw a dog.

It was lying on the cold street.

He took the animal home to _____.

The dog fell asleep, as it thought of an old farm.

That night the house _____ after an earthquake.

Everybody was trapped in the house.

But the dog knew _____ do and did not shake.

It barked until the rescue team came into the house.

One of the boys who survived

_____ to win an Olympic gold medal.

Smiling: The Healthy Virus

People usually say "Smile!" when they have their picture taken. Why is that? Of course, a smile shows someone _____. But that is not the only reason people smile. In fact, there are many benefits to smiling, and some of them may surprise you.

First of all, _____. They want to learn why someone is smiling. Did he just hear a good joke? Did she just see something beautiful? People want to find out. A smile, in short, pulls people together. _____, a frown does the opposite. People might think the person is angry, sad, or confused. They won't want to get involved with him or her. In this way, a frown pushes people away.

Smiling can also change people's moods. The next time you _____, try smiling. Maybe your mood will improve. Believe it or not, a good smile can trick the mind into feeling better. It sends the body the message "_____!"

Smiling helps people to be healthier, too. How is that possible? The principle is simple. Smiling reduces the level of _____, while it increases the level of the hormones which are good for your health. In other words, smiling makes your immune system stronger. So, _____ you smile, _____ it is for your body. However, frowning has the opposite effect. A frown makes your body weaker. This may cause illnesses, such as a cold. Remember that the more you frown, the weaker you become.

Finally, smiling is as _____ as a _____. But it is a good one. If one person smiles, other people might begin smiling, too. When someone smiles, he or she lights up the room, changes the moods of others, and makes everyone happier. _____, and people around you will smile with you.

What does all this mean to you? _____, smile all the time. You don't have to pay anything to smile. A smile only lasts for a short moment, but people will remember it forever. Plus, you will be able to enjoy all the benefits smiling has to offer.

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who looked sad, reminded, of, On her way home, make it warm, fell down, what to do, Grew up,
you are happy, smiling attracts people, On the other hand, feel down, Life is great, stress hormones,
the more, the better, contagious, virus, Smile a lot, No matter what happens

You Are Not Alone

How much should I study for the exam? Will I _____ in the soccer game? What do my friends think of my pimples? If you ask yourself these questions, _____. Everyone worries. However, there are solutions. Below are some students' problems and the advice given to them by Ms. Lee, the school counselor.

The Phantom Phone Syndrome

Aria: I was talking with a friend in the playground a few weeks ago. Suddenly, I felt a _____ in my jacket pocket. I thought a new text message had arrived. I reached into my pocket, but the phone wasn't there. I had left it at home! I experienced " _____ " for the first time! My phone is so much a part of me that I feel its presence even when I don't have it with me. Now, I get these phantom phone vibrations all the time. So I can't _____ my studies. What should I do?

Ms. Lee: Perhaps you depend on your cell phone too much. If you'd like to be free of *phantom phone* syndrome, don't carry it with you _____. When you are studying, turn it off or just leave it at home. Check your phone only at certain times. Try to use it only when you need it. You can _____.

A Unique Career

Toby: I am 15, and I have loved pop music for many years. That is why I want to become a pop singer. However, my parents don't like the idea. They want me to become something more traditional, _____. I know becoming a star isn't easy, but my friends tell me I am talented. Most importantly, I feel happy when I sing. How can I persuade my parents _____?

Ms. Lee: You have the right to choose your own career. However, keeping a good relationship with your parents is also important. First, I recommend auditioning. See if others agree that _____. Second, if you turn out to be talented, ask yourself, "What does it take to be a singer? What is the toughest part of being a singer?" This way, your expectations will be _____. Finally, remember that your parents' concerns come from love. Open your heart and talk honestly about your dreams and plans, and tell them you need their support. Just remember to _____. Don't get angry or frustrated with them. I hope you find a way to make _____ yourself _____ your parents happy.

All Eyes on Me

Emily: When I give a presentation, I get nervous. My hands shake, and I start to sweat. Speaking in front of my class is really hard for me. Last year when I gave a presentation, a classmate laughed because I _____. Now, when I make a presentation, I am really scared that my classmates might laugh at me. How can I _____ in front of the class?

Ms. Lee: Everyone gets nervous before or during a presentation, and _____ is only a temporary solution. Perhaps you know the old saying "If you can't avoid it, enjoy it." Try to put aside your fears and take action. Practice _____, or in front of your family, friend, or even a mirror. Recording your presentation and checking it can also help. Take a deep breath and calm yourself. These suggestions should help.

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play well, you are not alone, familiar vibration, phantom phone syndrome, focus on, all the time, take control, like a teacher, to support me, you are talented, more realistic, keep your cool, both, and, made a mistake, feel comfortable, avoiding the situation, by yourself

Art on the Street

The street is a canvas or an art museum for some artists. It is a studio or a concert hall for others. The stories below will prove that the street is not just for _____.

Gum Art on Sidewalks

Even the cleanest cities in the world are a little dirty. Tissues, candy wrappers, and empty cans – it is easy to pick these up and _____. But what about gum? It sticks to the ground, and sometimes to your shoe. What can we do about it?

Well, artist Ben Wilson, who lives in London, has found a cool solution. He _____ on the gum, and it becomes art. Mr. Wilson has become a well-known artist in Britain. For years, he has been searching the streets for gum. When he finds _____, he lies on the ground and begins his art. He has painted thousands of pieces of gum. He started his gum art because he hated finding chewing gum on sidewalks.

Mr. Wilson's art is beautiful. He paints almost anything: pictures of animals and messages of love, _____. His art doesn't last forever. Over time, it slowly disappears because of rain water and footsteps. Mr. Wilson doesn't mind, though. "_____, " he says. "What's important is the creative process."

Movable Statues Along Las Ramblas

Imagine a man who is sitting on a toilet _____ the street. Well, you don't have to imagine it in Barcelona, Spain. It is a reality. You will find him on Las Ramblas, which is a street popular with both tourists and locals. The man on the toilet is _____, from his hat to his painted fingers. He sits still with a book. Is he a statue or a living human being? If you want to find out, just _____ into the tin in front of him. Don't be embarrassed if he starts to stand up – this is simply his way of saying, "Thank you."

Throughout the year, lots of _____ line the street in imaginative costumes. Some stand perfectly still; others perform wildly and draw large crowds. Las Ramblas encourages everyone to have fun on the street. One performer says, "Performing for people for a long time is difficult. But it's really nice to see them smile." Cars _____ travel along the street. So, people can enjoy their time in a car-free environment.

Little Concerts on the Charles Bridge

Concerts can be expensive, but they _____ be on the Charles Bridge in Prague, the capital of the Czech Republic. On the Charles Bridge, you can hear beautiful music every day for free. Street musicians play all kinds of instruments.

Among the street artists, six jazz musicians _____. Their band, called Bridge Band, is very popular. On a fine day, you can listen to them on the Charles Bridge after lunch. Nearby is a man _____ with champagne glasses. He gently and quickly slides his fingers over the glasses. He plays various songs this way. The beautiful music and the speed of his hands amaze everybody.

The Charles Bridge was once a busy crossroad for horses, trams, and then buses. This all changed in the 1970s, when the bridge became a pedestrian-only bridge. _____ musicians, the bridge is crowded with painters and vendors. All these things together make the bridge a memorable place for both _____.

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drivers and pedestrians, throw them away, paints pictures, a good piece, for example, Everything changes, in the middle of, completely white, drop a coin, living statues, are not allowed to, don't have to, stand out, who plays music, In addition to, tourists and locals

Animals Can Be Nice

Like humans, animals _____ one another. Sometimes it doesn't matter if they are different species. Read the stories below and find out how nice animals can be.

An Unexpected Gift

Geza Teleki was an American scientist who studied _____ in the wild. He was very interested in chimpanzees in Africa. One day, he found wild chimpanzees and started following them through the forest. _____, the chimpanzees finally stopped traveling and climbed into the trees. Teleki stopped to observe them. The chimpanzees began eating fruit. As he watched them, Teleki felt very hungry. Since he hadn't planned to hike so far, he didn't bring anything _____.

Teleki thought he could knock down some fruit for himself. So, he grabbed a stick and tried. But he couldn't get any. After watching him, Sniff, one of the wild chimpanzees, understood that Teleki was hungry. _____ he was shy and always avoided people, Sniff took a big risk for Teleki. _____, he picked some fruit, swung down on a vine, and handed them to the scientist. That surprised Teleki very much!

A Good Neighbor

An African savanna elephant was alone in a swamp in Kenya. He was eating grass when a stranger arrived. The stranger was not _____ his own species. He was a forest elephant. Forest elephants are smaller and have more rounded ears than savanna elephants. The forest elephant didn't look well. He _____ his trunk in a trap. When he tried to free himself from the trap, he _____ and couldn't feed on his own.

The injured elephant walked up and stuck his trunk into the healthy elephant's mouth. The savanna elephant understood what the forest elephant wanted. Elephants often help members of their own herd, but _____ in others. This savanna elephant didn't care that they weren't related. He reached down, uprooted a small tree, and stuffed it into his new friend's mouth. _____ the savanna elephant, the forest elephant could eat.

Rex the Wonder Dog

Leonie Allan was walking Rex, her 10-year-old dog, near a beach in Australia. She saw that an adult kangaroo had been killed _____ . Allan knew that kangaroos are often killed while trying to cross the road. So, she didn't think anything of it. However, Rex gave it _____ .

Later that day, Allan saw Rex trying to tell her something. She followed the dog, thinking that Rex had found a snake. To her surprise, however, Rex dropped _____ at her feet. Rex had found a four-month-old kangaroo in the mother's pouch. Rex gently took him out of the pouch and carried him to Allan. Rex was so nice to the little kangaroo that he had _____ his much bigger rescuer. The kangaroo jumped up to Rex, who began to _____ him. The kangaroo was named Rex, Jr.

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take care of, animal behavior, After a long walk, to eat, Even though, All on his own, a member of, had caught, injured himself, show no interest, Thanks to, near the road, a lot of thought, a baby kangaroo, no fear of, sniff and lick

Think Big, Start Small

Everyone is worried that Mother Nature _____ . Sadly, though, most people don't take action to deal with the problem. In fact, taking action isn't so difficult. The stories below will show that you can _____ , too.

Let's Go Straw-free!

At a restaurant, a soft drink almost always comes with a straw. A typical straw is made of plastic, so it has _____ on the environment. You may say, "Well, it's a small piece of plastic. It doesn't really harm the planet." However, have you ever wondered how many straws are used each day? In the United States alone, about 500 million straws are used and _____. The problem sounds more serious now, doesn't it?

One day, a nine-year-old boy named Milo Cress _____ this alarming statistic in a book. He was shocked and wanted to help _____. He knew that some people drink with a straw, while many others do without one. He thought, "Why not ask if someone wants a straw when they order a soft drink?" Simply by asking the question, restaurants don't have to throw away tons of _____. Thanks to the boy's idea, the "offer-first" campaign is helping everyone go green _____.

Share a Bike?

In class, you may share a book with your classmate. But how can you share a bike? The principle is simple. Bikes are parked at bike stations around the city. If _____, you can borrow a bike at a station, ride it, and later return it to any other station. Although you have to pay a small fee, bike sharing _____ in keeping the environment clean.

Hangzhou, a city of 6.77 million in China, started a bike-sharing program in 2008. They started with 2,800 bikes at 61 locations around the city. In 2011, _____ bikes reached 51,500 at 2,050 different locations. Now, Hangzhou has one of the best bike-sharing programs in the world. City officials are happy that the program helps _____ the amount of CO₂ in the area by about 35,000 tons a year. One young participant says, "I used to take the bus to school, but it took a long time and was expensive. Now, thanks to the bike-sharing program, I pedal to school and back home. It's a great way to get around and exercise. Plus, I'm part of the _____."

Go Meat-free!

Do you know that one cow produces up to 500 liters of methane a day? Do you also know that methane is a much more _____ than CO₂? In fact, about 18 percent of greenhouse gases come from livestock such as cows, pigs, and sheep. This is more than all the world's cars produce. This means that every _____ is partly responsible for global warming!

Some concerned people began the Meat-free Monday campaign in the U.S. and Australia to _____ this problem. The essence of the campaign is that everyone can help slow down global warming by going without meat on Mondays. As one environmentalist says, "If everyone observes a _____, we can reduce methane from farm animals by 10 to 20 percent." So, _____ you go meat-free at least one day a week. It isn't hard to do. The good news is that you can choose the day! Make a meaningful change to your lifestyle for Mother Nature.

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is being destroyed, go green, a harmful effect, thrown away daily, came across, solve the problem, plastic straws, on a daily basis, you need transportation, plays an important role, the number of, cut down, green movement, dangerous greenhouse gas, meat consumer, deal with, meat-free Monday, make sure that

Hearty Food, Healthy Food

If you live abroad for several years, you will miss certain foods. These are usually _____ that you ate when you were a kid. Every time you eat them, you feel safe and warm. When you feel stressed, you easily turn to _____. Now, let's meet three people who live in Seoul and listen to their food stories.

Happy Memories of Pad Thai

I am Mei, and I am from Thailand. I study Korean at a university here in Korea. I like Korean food, so I often visit different areas to try _____. But I miss Pad Thai, which reminds me of the street where I grew up. Pad Thai is a dish of stir-fried rice noodles with eggs, fish sauce, bean sprouts, and shrimp or chicken. Some restaurants here sell Pad Thai, but to me it _____.

I lived in a small town near Bangkok. After school was over, my classmates and I used to hurry to a local market to have Pad Thai. My favorite was sweet and chewy Pad Thai with chopped peanuts. The shop owner sometimes gave me an extra spoonful of peanuts. I still remember _____.

Warm Wishes from Grandma

Hi. I am Hassan from Morocco, and I am working for a Korean company. _____, I miss couscous because people in North African countries eat couscous every Friday. Have you heard of couscous? Couscous is a type of pasta which is made from hard wheat. A meat or vegetable stew is added to it. When I eat couscous, I instantly think _____.

When I was young, I lived with my grandmother. She made _____. It took hours, even a few days, to cook and dry couscous at home. Her couscous was always light and fluffy. While she was cooking, she always told me, "Hassan, I've lived in a very small town all my life. You should travel all around the world, meet many people, and live _____ a bird." I have traveled to many countries and tried many kinds of food. To me, however, my grandmother's couscous is still _____ dish in the world.

With All His Heart

Hello. I am Jesse, and I am from the U.S.A. I came to Korea to play on a Korean basketball team. I enjoy eating spicy Korean food such as gimchi. When I am _____, however, I usually go home and cook chicken soup. When I was little, I often _____ on chilly days. My dad always gave me a bowl of chicken soup. His chicken soup contained chicken, carrots, onions, and sometimes macaroni. He cooked it for hours until the chicken was soft. _____ I smelled it, I already felt better. When I finished it, I felt like going out and playing. In Korea, I can buy everything I need for the soup, but something is missing: my dad!

When people cook and share food, they also share a part of their lives. Food contains the tastes, smells, and _____ spent with friends and family. Therefore, we connect certain foods with being comfortable. That is why we eat hearty foods as much as _____.

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special dishes, these comfort foods, traditional Korean dishes, it tastes different, his warm smile, When the weekend comes, about my childhood, her own couscous, as free as, the most delicious, under pressure, caught a cold, As soon as, memories of times, healthy foods

You May Be a Victim, Too!

What would life be like if there were no computers or cell phones? A typical teen would find it very difficult to live _____. Teens use modern technology on a daily basis to engage in all kinds of activities, and they are now using computers or cell phones for much longer than they did before. Technology _____ new opportunities for teens to interact, opening the door to positive experiences like _____ and studying in cyberspace.

How Common Is the Problem?

However, there is a downside to this trend. Technology is actually a double-edged sword. It occasionally _____ something dangerous, especially when its use is unsupervised by adults. The Internet, for example, can be a terrible place for cyberbullying—_____ to hurt or embarrass another person. In recent years, cyberbullying has become a serious problem around the world: one in five teens in the U.S.A. has been cyberbullied.

Below are two stories about teen cyberbullying. Read them to find out how _____.

Not a Game

Usually I am not a bad boy, but I turned into a cyberbully without knowing it. It all started with one photo of Charlie, the brightest student in my class. Earlier this year, I _____ on the Internet. In the photo, Charlie was beating a dog with a stick. I posted the image on my blog _____. The next day, I learned that it was just a combination of different photos. It was too late, however. Other kids had uploaded the image to lots of places, too, and Charlie really suffered because of it. I realized that I could be a cyberbully _____ by making up stories or photos, _____ by spreading them. Cyberbullying is not a game. -Harry

Spreading False Rumors

Sometimes friends _____ you at school, but it is just part of growing up. When you are made fun of in your own home via your computer, though, it is a completely different story. A few months ago, someone posted _____ about me on the Internet. In the story, someone said I cheated on a math test to get an A. Perhaps the person posted the story just for fun. However, the story spread quickly throughout the school, and many people thought I was a cheater. I felt _____. Fortunately, I could prove my innocence. But I feel upset because it is still a mystery who started the rumor. Now, as I am so terrified of cyberspace, I don't go online as often as I used to. If you were _____, what would you do? -Ellis

Useful Tips for Everyone

Cyberbullying hurts. So, there is every reason to prevent it. The tips below are effective for _____.

- By all means, block potential cyberbullies from communicating with you.
- Refuse to _____ harmful messages or images.
- Delete suspicious e-mails without opening them.
- Remember you can fall victim to cyberbullying, too.

_____ how careful we are, we cannot prevent cyberbullying completely. However, if you ever get cyberbullied, there are some steps you can take to handle the situation.

- Stand up to cyberbullies and tell them to stop.
- Copy _____ or images so you can report them later.
- Talk to a friend, teacher, parent, or police officer about the problem.
- Remember nobody has the right to hurt you physically or emotionally.

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without modern technology, leads to, forming social networks, turns into, posting text or images, two victims felt, saw a photo, just for fun, not just, but, make fun of, an unfounded story, embarrassed and helpless, in my shoes, preventing cyberbullying, pass along, No matter, any harmful messages