



What are friends for?

1 Look at the picture and answer the questions.

- 1 Who are the young people and what are they doing?
- 2 How do you think they feel?
- 3 What other activities do friends do together?

2  1.1 Watch the video. What do Eva, Ben, Alex, Kim and Coco do together?

3 Discuss the questions.



- 1 Do friends always like the same things?
- 2 What do you usually do with your friends?
- 3 Do you do different things with different friends?



STEAM Project 1

Our Friends

What makes a good friend?

Vocabulary Friendship Phrasal Verbs



1 Match the pictures with the sentences.

- 1 Don't let anyone **pick on** your friends or **push** them **around**.
- 2 If you **fall out with** a friend, try to **make up with** them again soon.
- 3 Friends **get along with** each other and **hang out** together a lot.
- 4 A good friend is a person you can **rely on** and **confide in**.
- 5 When friends move away, you should **catch up with** them often so you don't **grow apart**.
- 6 Good friends don't **gang up on** you or **leave** you **out**.

▶ 1.1 Listen and check. Do you agree with the sentences?

2 Complete with the friendship verbs and you.



A good friend...

gets along with you



A good friend doesn't...

3 Discuss.

- 1 Where do you hang out with your friends?
- 2 How can you make up with a friend after you fall out?
- 3 How does it feel when people leave you out?
- 4 Who do you confide in and why?
- 5 What do you do when people gang up on others?

How can you avoid growing apart from distant friends?



1 1.2 Listen and follow. Who did Kim think was annoying and why?

2 Read the comic strip and answer the questions.

- 1 Were Kim and Alex good friends in the past? Why not?
- 2 What do Alex and Kim often do now?
- 3 What does Alex do now that annoys Kim?

3 Read and choose.

- 1 What do you usually do / are you always doing when you hang out with your friends?
- 2 Who constantly is doing / is constantly doing something that annoys you? What is it?
- 3 What did you use to do / are you always doing with your friends that you don't do now?
- 4 Who do you always / did you use to confide in when you were younger?
- 5 What would you do / are you always doing after preschool?

► Answer the questions and discuss.

My friends and I usually play computer games.



Present Habits, Past Habits and Past States

Present

I **always hang out** with my friends after school.

Our neighbor **is constantly playing** the drums. It's so annoying!

Past

I **used to / would hang out** with my cousin in preschool. (habit)

Kim **used to have** short hair. (state)



Complete the prompt and survey the class:
Find someone who used to...

1 Complete the sentences.

hit it off let somebody down make friends stand up for

- 1 When you _____ with somebody, you become friends right away.
- 2 When you _____ somebody, you support them with your actions or words.
- 3 When you _____ with somebody, you get to know and like them.
- 4 When you _____, you disappoint them.

2 Read the title and look at the pictures. Guess what happens in the story.

▶  1.3 Listen and follow. Did you guess correctly?

3 Underline the key words in the questions.

1 Who was Harriet's friend in elementary school?

2 What happened when they started secondary school?

3 Which of Harriet's belongings disappeared?

4 What did Harriet's friends from dance club say?

5 What did Harriet's online friends do to help?

6 Why did they forget about Harriet's problem?

7 Who did Harriet say is her good friend?

▶ Scan the story for the key words and answer the questions.

4 Discuss the questions.

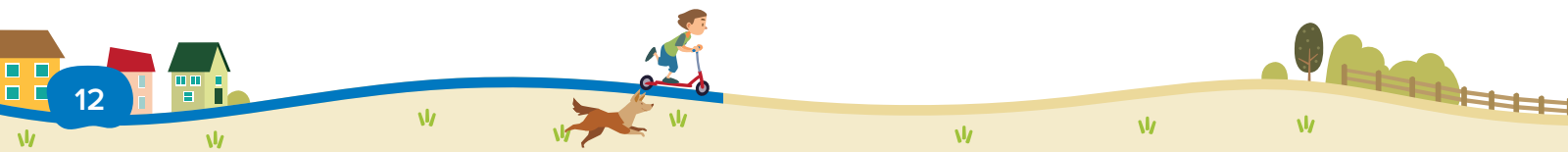
- 1 How do you think Harriet and Sally feel at the start of the story?
- 2 How do you think they feel at the end of the story?
- 3 Do you agree with Harriet that you don't need a lot of friends, only a few good friends?



Scanning for Key Words

The questions in an activity often use key words that appear in the text. You can find the answers to the questions by scanning the text for the key words.

- First, identify a key word in the question. Look for a word that may not appear often in the text.
- Let your eyes move quickly through the text looking for the key word. Don't read every word.
- When you find the key word, read the whole sentence to see if the answer is there. If not, continue scanning!



The Girl WITH Many Friends



Once there was a girl named Harriet. When she was in elementary school, she used to be friends with a quiet girl named Sally. Harriet and Sally hit it off as soon as they met, even though they were quite different. They would always confide in each other and stand up for each other. But now they had started secondary school, and Harriet didn't hang out with Sally much anymore. Harriet had made a lot of new friends in their class, at dance club and online.

"I have so many friends and I'm so popular," she said to herself happily. "I'm so lucky that so many people like me so much!"

But then one day, as Harriet was getting ready to go home, something awful happened. She looked under her chair and saw that her bag had disappeared. She looked in her locker and the computer room and the cafeteria, but she couldn't find it anywhere. It was gone, and with it her phone and her wallet. Harriet burst into tears.

First, she went to her new friends in class. "Please can you help me, Emily?" she said. "I've lost my bag."

"Oh, Harriet, you're always losing things!" Emily replied. "I'm sorry, but I'm doing a very important project at the moment."

Next, Harriet ran to find her friends from her dance club. "Ben, please help me," Harriet said.

"I would," said Ben. "But I can't. I already have plans. Why don't you ask Max?"

But Max couldn't help, either. "Sorry, Harriet, I'm meeting a friend. I have to go."

So Harriet went back to the computer room and chatted to her friends online.

"Can anyone help me?" she posted.

Immediately, all her online friends liked and shared her post:

**#HelpHarriet #Friendsstandupforfriends
#Alwayshelpyourfriends**

But then somebody posted an awesome photo of a celebrity's new car, and somebody else posted a funny video of a baby elephant, so everyone scrolled past Harriet's post and forgot all about her problem.

Nobody wanted to help Harriet.

"What am I going to do?" Harriet thought to herself sadly. "Everyone has let me down. What's the point of all these friends if I can't rely on them?"

Then she heard a quiet voice behind her. "Are you OK, Harriet?"

Harriet turned around, and there was Sally, smiling kindly. Harriet told Sally all about her problem.

Sally gave her a big hug and said, "Come on, let's look for your bag together."

They searched all over the school, and they finally found the bag underneath Emily's coat.

"Oh, sorry, Harriet," said Emily. "I didn't see it there. You should be more careful. Now I have to get back to my very important project."

Harriet and Sally walked out of school together, arm in arm.

"I've decided," said Harriet, "that I don't want or need a lot of friends. I just need a few good friends like you!"



Listening

1



a best friend

a friend from a club

2



3



a neighborhood friend

4



a frenemy

1 Listen to a conversation between Ella and her grandpa. Label Ella's friends.

Carla Paula Teresa Zoe

2 Listen again and choose *T* (true) or *F* (false).

- | | |
|--|-------|
| 1 They are looking at a photograph from Ella's birthday party. | T / F |
| 2 The photo shows Ella and her friends at a theme park. | T / F |
| 3 Paula moved in next door two years ago. | T / F |
| 4 Grandpa has never met any of Ella's friends. | T / F |
| 5 Ella can rely on Carla. | T / F |
| 6 Teresa stood up for Ella in a difficult situation. | T / F |
| 7 Ella doesn't always get along with Zoe. | T / F |



Features of Natural Speech

- Fillers give us time to think: *OK, well, um, you know, so, I don't know, I mean, basically.*
- False starts are when we start to say something but don't finish it. Instead, we start over with a new sentence.
- Self-correction is when we correct ourselves as we speak.

3 Listen to the extracts and write *F* (filler), *FS* (false start) or *SC* (self-correction).

- | | | | |
|---------|---------|---------|---------|
| 1 _____ | 3 _____ | 5 _____ | 7 _____ |
| 2 _____ | 4 _____ | 6 _____ | 8 _____ |

▶ Listen to the whole track again and check.

4 What different types of friends do you have?



How do you change when you're with different friends?

1 1.6 Listen and choose.

- 1 Mark and Lucy have just met each other for the first time. ☐
- 2 Mark and Lucy are friends who arranged to meet. ☐
- 3 Mark and Lucy are friends who meet unexpectedly. ☐



2 1.6 Listen again and complete.

Great to ¹ _____ you again!

I haven't seen you for ² _____.

How have you ³ _____?

Not ⁴ _____, thanks. What have you been ⁵ _____ to?

Same as ⁶ _____. We should get ⁷ _____ sometime.

Yeah, I'd ⁸ _____ that.

I'm so glad I ⁹ _____ into you.

Keep ¹⁰ _____ touch!

3 Number the conversation in order.

- a The usual—school, basketball—you know. What's new with you? _____
- b Yeah, that would be great. It's good to see you again. _____
- c Hey, Lucien! How have you been? 1 _____
- d You, too. Keep in touch! Bye! _____
- e Hi, Matt! Great to see you! What's up? _____
- f Nothing much... Look, I have to run, but we should get together soon. _____



Making Small Talk

React to meeting: Hi! Great to see you! I haven't seen you for ages!

Ask questions: What's up? What's new with you? When was the last time we saw each other?

Stay in touch: We should catch up more sometime. What's your number?

Say goodbye: Great to see you again! Say "hi" to (your cousin) from me! See you!

▶ 1.7 Listen and check. Then listen and repeat.

4 Act out a conversation between two friends who run into each other.

Student A

- 1 Greet Student B.
- 3 Make some small talk.
- 5 Respond to Student B and suggest meeting again.
- 7 Say goodbye.

Student B

- 2 React to meeting Student A.
- 4 Respond to Student A and make some small talk.
- 6 Respond to Student A and say goodbye.



Find out what topics people in other countries cover when they make small talk.



Reading for Missing Sentences

- Read the whole text quickly to get the main idea.
- Read the sentences before and after each numbered blank carefully, and choose a sentence A–H that fits in terms of meaning and grammar.
- Read the other sentences to check that none of them fit.
- When you've finished, read the whole text again to make sure it makes sense.

- 1 Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences that you do not need to use.

Good Listening

By Sophie Harris, age 13



Some of my friends are easy to talk to because they're good at listening. But how can we improve the way we listen? ¹ _____. This means putting away phones, laptops or other distractions. Then we're able to concentrate fully on what our friend is saying.

We can also use our body language to show we're listening. For example, we should face the person who is speaking and look into their eyes. ² _____. These actions make it seem as though we don't care about what they're saying.

There are also things we can say to show we're interested. ³ _____. For instance, we can ask: How did you feel about that? Why did you make that decision? This sort of question will show the speaker that we're listening and encourage them to confide in us. ⁴ _____. We should wait for them to pause and then do it.

Another good listening skill is to repeat back what someone has just said. ⁵ _____. To do this, start the sentence with: So, what you're saying is...

- A** We shouldn't cross our arms or look around the room.
- B** It's not always easy to listen carefully, but we get better with practice.
- C** We can ask open-ended questions to find out more about the topic.
- D** However, we can't look at our phones and listen at the same time.
- E** This allows us to check that we've understood correctly.
- F** We can start by giving our friend our full attention.
- G** Listen also to the way your friend is talking.
- H** But we shouldn't interrupt while they're speaking to ask questions.

1 Read the description. When and where did the friends meet?

The Day I Met My Best Friend

My best friend is Sophia. She's eleven years old, and she has beautiful long brown hair and friendly big green eyes. We always laugh when we hang out together. I confide in her and I know that I can rely on her. She's always very cheerful. She's constantly smiling! It can be a bit annoying sometimes, but she always cheers me up.

Sophia and I met when we were both six. She moved into the house next door. One afternoon, I saw her playing with a ball in her yard. She was wearing comfortable old sneakers and a big yellow T-shirt. I thought she looked nice. I introduced myself and asked if she wanted to play catch. We hit it off immediately! After that, we used to play catch in her yard every day after school, and we became good friends. We don't play catch anymore, but we're still best friends!



Adjective Order

When there is more than one adjective in front of a noun, they come in this order:

Opinion	Size	Shape	Age	Color	Material	Noun
comfortable			old		leather	boots
kind	tall		young			man
beautiful		round		blue		eyes

2 Write the adjectives in the correct order.

- 1 She has _____ hair. (black, curly, short)
- 2 He has a _____ shirt. (cool, cotton, orange)
- 3 He has _____ jeans. (baggy, blue, long)

3 Match the descriptions with three people in the picture.

3 Write more descriptions of the people.

Switch with a classmate and guess.

4 Think about one of your friends. Discuss in pairs.

- 1 What does your friend look like? (eyes, hair, etc.)
- 2 What kind of clothes does your friend wear?
- 3 What's your friend like?



COMPASS Pod Kids

This episode is all about what it means to be a good friend.

Season 6, Episode 1

▶ Good Friends

Do good friends ever have arguments?
Do you need to have a lot in common with someone to be friends?
Would you take the blame for something a friend did?

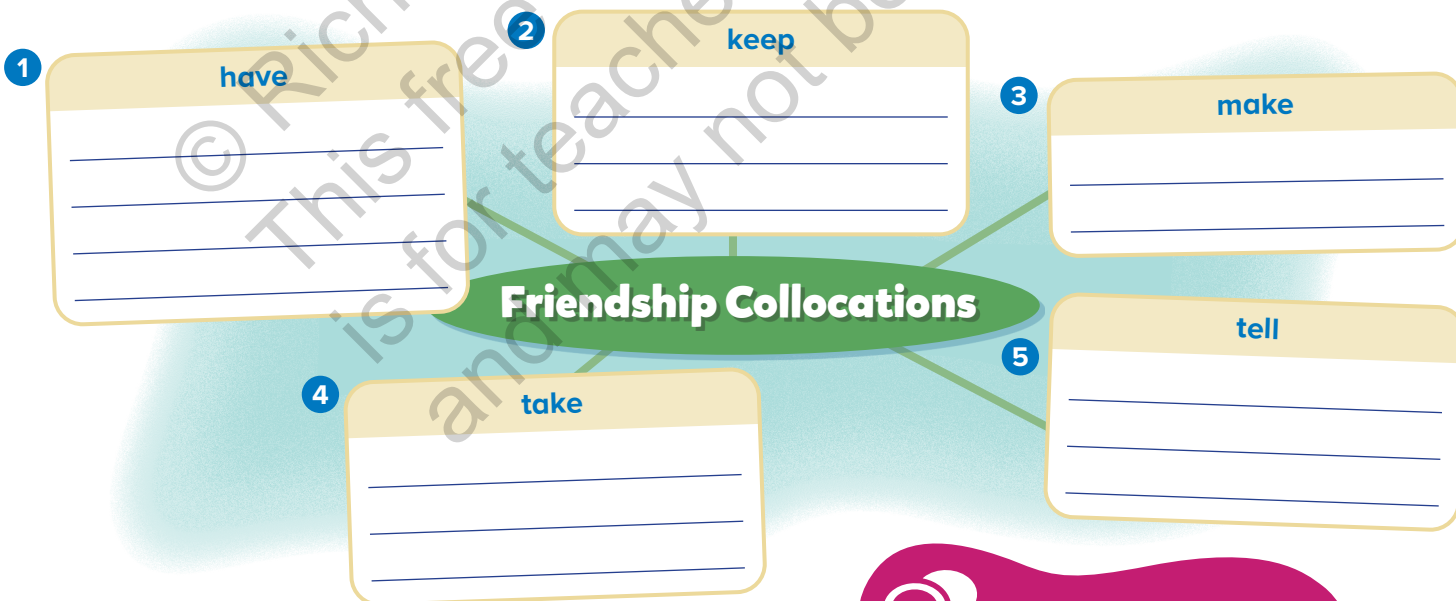
1 Read the ad for the podcast. Discuss the questions.

2 1.8 Listen to the podcast and number the ideas about good friends in order.

- | | |
|--|---|
| a They always keep their promises. _____ | d They don't have arguments. _____ |
| b They tell the truth. _____ | e They have a good time together. _____ |
| c They have a lot in common. _____ | f They don't take advantage of you. _____ |

▶ Listen again and complete the diagram with the collocations.

advantage of a good time a lie a lot in common an argument a problem a promise
a secret care of fun of in touch the blame for the truth



3 Discuss. What does it mean to be a good friend?

I think a good friend is someone who keeps a secret.

I agree.



Leave a message for the Pod Kids telling them what it means to be a good friend.

1 Discuss the questions.

1 When did Google start, and what was its first product?

2 Why was it so successful at first?

3 What does Google make now?

► Read the article and check your answers.

A **Friendship** That Changed the **World****Who founded Google?**

Sergey Brin and Larry Page founded Google in 1998.

Where and when did they meet?

They met at Stanford University, California, in the 1990s.

What was their goal?

They wanted to make an Internet search engine.

What made Google successful?

Google was easy to use, and it could find information quickly and efficiently.

Do you know what their motto is?

Yes, it's "Don't be evil." Brin and Page wanted to emphasize ethical and responsible business practices.

What does their company do now?

Their company makes apps, maps, phones and tablets. They own the video streaming site YouTube, and they are developing artificial intelligence, self-driving cars, healthcare technology and life sciences projects.



2 Look at the article again and answer the questions.

1 How many questions use *do*, *does* or *did*?

2 How many questions use *be*?

3 How many questions do not use *do*, *does*, *did* or *be*?

3 Unscramble and discuss the questions.

1 you / are / a good friend

2 in touch with / you / keep / do / all your friends

3 who / you / last hang out with / did

4 texted / which friend / you / most recently

5 which friends / do you know / tell your secrets

6 what you and your best friend / have in common / could you tell me

**Types of Questions****Subject and Object Questions***You confided in **somebody**.* — "Who" is the object: **Who** did you confide in?***Somebody** confided in you.* — "Who" is the subject: **Who** confided in you?**Indirect Questions*****Do you know** why they had an argument?****Could you tell me** what you have in common?*

Find out what products Google and its parent company, Alphabet, make.



1 Match the words with the definitions.

- | | |
|----------------|--|
| 1 acquaintance | a give help or encouragement |
| 2 network | b a connection between two people |
| 3 relationship | c a group of people who have something in common |
| 4 support | d somebody you don't know very well |

2 Discuss. Do you think friends are good for your health? In what ways?

► Read the text and check your ideas.

3 Underline the topic sentence in each paragraph.

► Read the questions and write which paragraph the information is in.

- 1 How many friends do we need? _____
- 2 What kind of person lives longest? _____
- 3 How can friends make school easier? _____
- 4 Why are friends useful when we have to do something difficult? _____

► Read the paragraphs and answer the questions.

- 1 _____
- 2 _____
- 3 _____
- 4 _____

4 Read the text again. Choose *T* (true) or *F* (false).

- | | |
|---|-------|
| 1 Our friends help us understand who we are. | T / F |
| 2 Being with a friend during an exam can make our hearts beat faster. | T / F |
| 3 A university did a study on how friends make us physically stronger. | T / F |
| 4 All the women on Okinawa live to ninety years old. | T / F |
| 5 <i>Moai</i> is a Japanese word for a close friend. | T / F |
| 6 It's better to have a small group of close friends than a lot of friends. | T / F |

► Correct the false sentences.

5 Discuss the questions.

- 1 Have you ever felt more courageous or less stressed when you were with a friend? When?
- 2 How many close friends do you have? How many online friends do you have? Would you like more of either kind?
- 3 In what ways are your friends good for your health?



Topic Sentences

A topic sentence states the subject of a paragraph and its main idea. It is usually the first sentence of the paragraph. The rest of the paragraph gives more information about the topic, such as an example or evidence of the main idea. You can find information in a text more quickly by reading only the topic sentences.

Why Are Friends Good for Our Health?

¹ Friends are an important part of our lives. Having a circle of good friends makes us feel happy and gives us a strong sense of identity. But did you know that having good friends is also good for our health?

² Good friends can help us cope with the stress we feel at school. For example, exams and projects are less stressful when we are with friends. In one study, researchers asked some students to complete a difficult math problem by themselves, and the students' heart rates went up. Then the researchers asked the students to complete a difficult math problem with a friend in the room, and their heart rates were lower.



³ Tough situations are less challenging when we are with friends. Researchers at the University of Virginia carried out the following experiment: They stood at the bottom of a hill and asked different students to help them. They gave the students a heavy backpack, and asked them to guess how easy the hill was to climb. The students who were with friends thought the hill looked pretty easy to climb, but for the students who were alone, it looked more difficult. And the longer the two friends had known each other, the easier the hill looked to climb.



⁴ Good friendships can also increase longevity. There is evidence that people who have a strong network of friends may live longer. For instance, in Okinawa, Japan, people often form a close circle of about five friends called a *moai*, and these friends take care of each other throughout their lives. They share the benefits of the good times and support each other during hard times. On average, women there live for almost ninety years!



⁵ We do not need a lot of friends in order to experience the health benefits. Most experts believe that it is more important to have a few close friends—between three and five—than to have a lot of acquaintances. Also, it is better to have a few true friends in the real world that we can rely on and confide in than to have a lot of social media friends. Social media friends have a role in our lives, but it is important to take care of our friendships in the real world.



⁶ Having good friends is key to living a healthy, happy and long life. It is not about the quantity of friendships, but the quality. So, remember to keep in touch with your good friends: Go and call someone you've been meaning to call or send that message you've been meaning to send!

Listening



1 Look and discuss. Which pairs of animals do you think formed special friendships?

➤ 1.9 Listen, check and match.

2 1.10 Listen for the examples and answer the questions.



Listening for Examples

To explain a key point, we can give an example. To introduce an example, we can use these expressions: *like, such as, for example* and *for instance*.

Bea and Wilma Libby and Cashew Themba and Albert the Samburu animals

- 1 Which animals lived in a zoo? _____
- 2 Which wild animals were friends? _____
- 3 The friendship of which animals goes against nature? _____
- 4 Which house pets became best friends? _____

3 1.9 Listen again to the whole track and answer the questions.

- 1 Why did Cashew need Libby's help?
- 2 What are sheep good at understanding?
- 3 What other animals are there in Bea and Wilma's enclosure?
- 4 Why did the lioness adopt the other Samburu animal?

4 Discuss the questions.

- 1 Which animal friendship do you think is the most unusual and why?
- 2 How are you different from your friends?
- 3 How do you and your friends help each other?



Find out about another unusual friendship between animals of different species.

1 Discuss the types of bad friendships and complete the definitions.

bad influence competitor controller flake user

1 The _____ tries to make you do things you don't want to do.

2 The _____ never helps you when you have a problem.

3 The _____ is only your friend when they need something.

4 The _____ always wants to do better than you.

5 The _____ is always telling you what to do.



2 Watch the video. Choose the three types of bad friendships the students have.



Taking Part in a Discussion

- Speak slowly and clearly during discussions. Look at the people you're talking to.
- Wait your turn and don't interrupt other people.
- Pay attention when others are speaking.
- Share your opinions and invite others to take part.

3 Watch again and match.

1



Alice

3



Rob

2



Sara

4



Oliver

a interrupts someone.

b invites other people to take part.

c doesn't pay attention.

d talks too quickly and is hard to understand.

- Who does the right thing in the discussion?
Who does the wrong thing?

- 4 Discuss. Do you ever display the characteristics of the types of bad friends? Are your friends ever like that with you?

Discuss qualities that good friends have and that bad friends don't have.



1 Read and discuss the sentences about bullies and bullying. Which are correct?

- | | | | |
|--|-------|--|-------|
| 1 Bullying is always physical. | T / F | 4 Bullying makes a bully feel powerful or popular. | T / F |
| 2 Bullying doesn't affect many children. | T / F | 5 Most bullies get in trouble in the end. | T / F |
| 3 Bullying makes it harder to study. | T / F | | |

► Read the text and choose *T* (true) or *F* (false).

BULLYING

Bullying is when a person or a group of people repeatedly picks on others or pushes them around. It can be physical, verbal or even virtual—in other words, online.

Bullying is a common problem that affects a lot of children. It makes them feel bad, and it is very stressful. Bullying can make children want to stay inside at recess or not go to school at all. It can affect students' grades because it is hard to concentrate on studying when you're worried about a bully.

Some bullies are looking for attention. They may want to feel important or be popular. When they pick on someone else, it can make them feel big and powerful, especially if they get a big reaction.

Some bullies may think that calling people names and pushing them around is a normal way to act because they have seen it at home or in other places. Most bullies don't understand or care about the feelings of others. Some bullies may know that they're hurting other people, but others may not be aware.

Most bullies end up in trouble if they continue bullying people. They also lose most of their friends, except the other bullies. The good news is that bullies can learn to change their behavior and live more happily.



2 Read. Which of these situations are examples of bullying? Choose.

- 1 Ayesha and her friends push Sandra around in the cafeteria line every lunchtime.
- 2 Paul and his friends gang up on Max during hockey every week, and they always leave him out of team activities.
- 3 Harrison picks on Ava on the playground at recess and sometimes she cries.
- 4 Kai doesn't always share his candy with his friends.
- 5 Every time Jose joins an online game, Maria and her friends quit the game and start a new one without him.



How to Deal with Bullying

- If you are being bullied, try ignoring the bully or walking away. If possible, avoid the bully altogether.
- If you respond, don't show your emotions and don't fight back.
- If someone else is being bullied, stand up for them and support them.
- Ask an adult for help—for example, you could talk to a teacher, a family member or a friend.

3 Discuss the bullying situations in activity 2. What would you do in these situations? What would you say? Who would you ask for help?

1 Choose how well you can do these skills.

	I can do this well.	I'm OK at this.	I need more practice.
1 I can make polite small talk.			
2 I can use multiple adjectives in a description.			
3 I can take part in a discussion.			
4 I can find the topic sentence of a paragraph.			

2 Answer the quiz.

1 Describe five things good friends do and five things good friends don't do.

2 Say what a friend is always doing that annoys you.

3 Tell an anecdote about where you used to hang out with your friends and what you used to do.

4 Debate if it is ever OK to tell a lie or if you should always tell the truth.

5 Write one subject question and one object question to ask a friend, and then write them as indirect questions.

3 Discuss the questions.

- 1 Is it important to have a lot of friends?
- 2 What different categories of friends can you think of?
- 3 What types of bad friendships are there?
- 4 Why are friends good for our health?



4 Answer the big question.

What are friends for?

