

STUDENT'S BOOK

ROSE CORESPI

# N 4 W A D A Y S



ACCORDING TO  
THE MCCEMS

NEW  
EDITION



## Nowadays 4

Student's Book and Workbook

New Edition 2025

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**Nowadays** is a five-level series whose content is aligned to the new MCCEMS program.

**Nowadays** provides students with enjoyable and fast-paced lessons. The series gives students a real sense of progress and allows them to communicate effectively in real-life situations.

### Key Features

- **Grammar, vocabulary** and **pronunciation** with clear introductions and thorough practice,
- Integration of the **four basic skills** (listening, speaking, reading, and writing) in every unit,
- Practice in **oral and written communication**,
- **Projects** that give students opportunities to use the language creatively,
- Integrated ongoing **evaluation** and **reinforcement** activities, and

Pair work and **group work** which increase motivation and foster collaborative learning.

### Components

#### For the student:

- Student's Book and Workbook integrated
- Downloadable audios
- Corespi VLE

#### For the teacher:

- Teacher's Annotated Edition
- Downloadable audios
- Digital Flashcards
- Online downloadable resources
- Quizzes and exams in different formats
- Corespi VLE

# Scope and Sequence

Lesson Week	Vocabulary	Grammar
<b>MODULE 1</b>		
1 (P. 1)	Childhood When You Were Little	Used to
2 (P. 2, 15, 16)	Cellphone Vocabulary	Verbs in Past Participle Present Perfect Tense Review
3 (P. 3)	Public Signs	Modals of Obligation ( <i>Have to, Must, Should</i> )
4 (P. 4)	Hygiene Vocabulary	<i>Ought to</i> and <i>Should</i>
5 (P. 5)	Chores	<i>Will</i> and <i>Would</i>
Project: Life in the 1980s		Socio-emotional Skill: Active Listening
<b>MODULE 2</b>		
6 (P. 6)	The Weather Describing the Weather	Simple Future Tense Review
7 (P. 7)	The Universe	Uses of Simple Present Tense
8 (P. 8)	Health Problems (2) Eating Healthy	The Zero Conditional
9 (P. 9)	Natural Disasters	The First Conditional
10 (P. 10)	Music through Time	Types of Adverbs
Project: Create a Board Game		Socio-emotional Skill: Empathy & Prosocial Behavior
<b>MODULE 3</b>		
11 (P. 11)	Backpacking Adventure	Regular and Irregular Verbs Review of Simple Past and Present Perfect
12 (P. 12)	E-Waste	The Second Conditional
13 (P. 13)	The Perfect Gift	Demonstrative Pronouns and Demonstrative Adjectives ( <i>This, That, These, Those</i> )
14 (P. 14)	Materials	Passive Voice
15 (Additional Topic)	Landscapes	Relative Clauses
Project: If I Were a Superhero		Socio-emotional Skill: Conflict Resolution

	Reading & Listening	Speaking & Writing	Portfolio (Evidence of Learning)
<b>Wellness Tip: Manage Stress</b>			
	Celebrities Did You Know...?	Old Habits	Paragraph - Famous People
	How Cellphones Have Evolved May I Help You?	My Cellphone	Paragraph - The Best Cellphone
	The Importance of Paying Attention That Sounds Like a Plan!	It's a Great Plan	Dialogue - It's a Great Plan
	The Importance of Oral Hygiene	I'll Try My Best	Dialogue - <i>Should &amp; Ought to</i>
	Would You Like to Go Out? We Are a Great Team	Would You Like to Go Out?	Paragraph - Household Chores
Making a Difference: Corruption			
<b>Wellness Tip: Connecting with Others</b>			
	Crazy Weather	What Kind of Weather Do You Like?	Paragraph - Weather Predictions
	Living in the International Space Station	Space Trivia Game	Trivia - Space Trivia Game
	Food is Our Fuel	Eating Healthy	Sentences - Healthy and Unhealthy Habits
	Mexican Tragedy	What if? September 19th, 2017	Research - Earthquakes in Mexico
	K-Pop: A Global Fenomenon	I Love Music	Questions - In My Opinion
Making a Difference: Sexual Harassment			
<b>Wellness Tip: Stay Away from Junk Food</b>			
	A Travel Adventure	Have You Ever...? An Amazing Trip	Journal Entry - An Amazing Trip
	The Growing Problem of E-waste Take Action on E-Waste	Me too!	Questionnaire - Me Too!
	Finding the Perfect Gift Christmas Shopping: Online or In-Store?	At the Shoe Store	Dialogues - At the Shopping Mall
	How Wine is Made The Cultural Wealth of Mexico	Delicious!	Paragraph - Made in Mexico
	Natural Wonders of Mexico Monarch Butterfly Reserves	Beautiful Landscapes	Description - Wonderful Landscapes
Making a Difference: Integrity			

# Principles of the New Mexican School

New Mexican School

Develop their Mexican Identity and Encourage a Sense of Belonging to their Nation.

Social Responsibility: Honesty

Transforming the Society

Instill Respect for Human Dignity

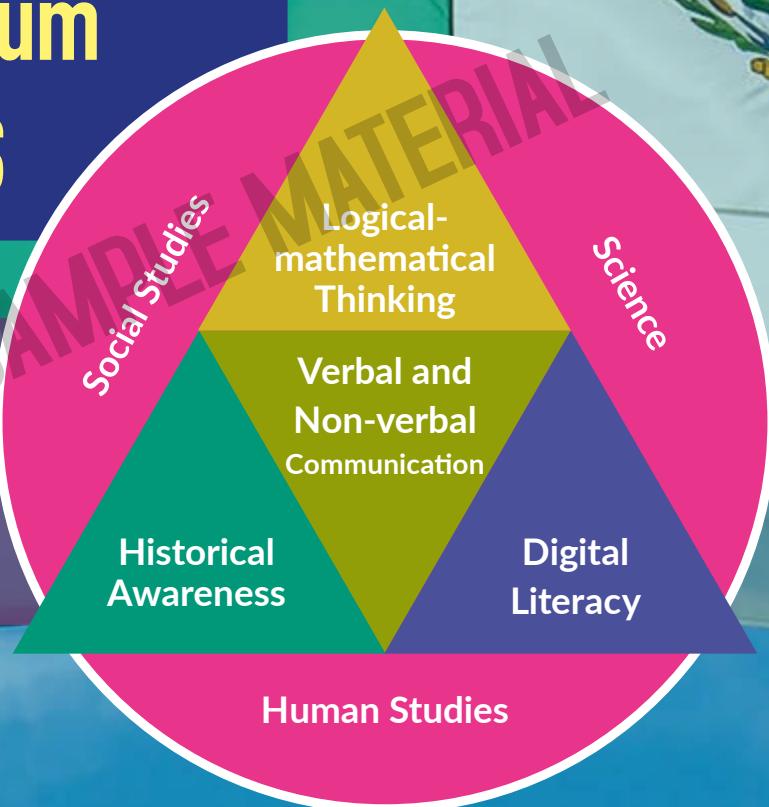
Interculturality

Culture of Peace

Respect for Nature and Care for the Environment

## Core Curriculum of the NMS

- Four Socio-cognitive Cross-curricular Resources
- Three Access Areas to Knowledge and Experience



# Socio-emotional Resources



## MCCEMS – English as a Foreign Language Language Skills and Subskills

- Listening for Gist
- Listening for Detail

Listening

Speaking

- Fluency
- Using Functions
- Pronunciation

ENGLISH

- Scanning
- Skimming

Reading

Writing

- Spelling
- Punctuation
- Layout
- Coherence and Cohesion

# Nowadays

**Are You Ready?**

## Diagnostic Test

How Much Do You Know?

1. Complete the sentence using one, or one.



**Example:** Sam is a high school student.  
 1. I am a \_\_\_\_\_ person.  
 2. Joe Biden \_\_\_\_\_ the president of the United States of America.  
 3. Tom \_\_\_\_\_ 100 kilograms.  
 4. You \_\_\_\_\_ a good friend.  
 5. Paul \_\_\_\_\_ very courageous.

2. Match the words in the boxes to the pictures.

**Books** **books** **newspaper** **magazine** **pens** **desk** **backpack** **pencil**

  
 1. **book**

  
 2. **pencil**

  
 3. **backpack**

  
 4. **newspaper**

  
 5. **desk**

  
 6. **magazine**

  
 7. **books**

  
 8. **pens**

**Self-assessment**

Read the questions and mark the correct column according to your own abilities.

1. Are you good at reading?	Yes	No	I am not good at reading.
Can you read comfortably in English?	Yes	No	I am not good at reading.
Can you identify and read the main idea?	Yes	No	I am not good at reading.
Can you describe what you read comfortably in English?	Yes	No	I am not good at reading.
Can you read quickly without getting tired?	Yes	No	I am not good at reading.
Can you read English grammar correctly?	Yes	No	I am not good at reading.
Can you read about science easily?	Yes	No	I am not good at reading.
Can you read different processes correctly?	Yes	No	I am not good at reading.

**Peer Assessment**

Work with a partner and complete the chart with information about each other; your teacher will decide who you will do this evaluation with.

Name	Frequency	Communication	Accuracy	Score
My classmate knows my interests in English.	Daily	Yes	Yes	100
My classmate works well in class.	Daily	Yes	Yes	100
My classmate uses English to talk to me.	Daily	Yes	Yes	100
My classmate uses English to ask me questions.	Daily	Yes	Yes	100
My classmate helps me when I do not understand.	Daily	Yes	Yes	100
My classmate thinks I have a good attitude.	Daily	Yes	Yes	100



Comments \_\_\_\_\_

Grade \_\_\_\_\_

Teacher \_\_\_\_\_

*Nowadays promotes continuous assessment.*

At the beginning of every module, you will find a project and a socio-emotional activity.

PROJECT																												
Someone You Admire																												
																												
<p>Work with a partner. Think about a person you both admire. Find out <b>how</b> that person got information. Write it on a <b>cardboad</b>, add some pictures, and present it to your class.</p>																												
<p>Final Results</p>																												
<p>Description of the project</p>																												
<p>Team members</p>																												
<table border="1"> <thead> <tr> <th>Outline</th> <th>Very Good Exemplary</th> <th>Good 7 points</th> <th>Needs Improvement 1-6 points</th> </tr> </thead> <tbody> <tr> <td>The content required was sufficient according to the instructions.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>The presentation was clear and students spoke a great deal of the time.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Everything was turned in on time and neatly presented.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>The product / visual material was well-prepared and supported the presentation.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>All members of the team worked on the project equally and participated in the presentation.</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>					Outline	Very Good Exemplary	Good 7 points	Needs Improvement 1-6 points	The content required was sufficient according to the instructions.				The presentation was clear and students spoke a great deal of the time.				Everything was turned in on time and neatly presented.				The product / visual material was well-prepared and supported the presentation.				All members of the team worked on the project equally and participated in the presentation.			
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Final Result: _____ points	Teacher:																											



# Self-awareness

Self-awareness allows every human to fully live in the present. When you know yourself, you are able to use the self-knowledge that you have to grow your personalty. Pay attention to your feelings, the way you think, and who you are. This is how you need to live the things that have a direct impact on your life. Self-awareness is the key to your success.

As you're going through the chart below, indicate a checkmark line where you state yourself.

<p>I am very outgoing. I like being with people.</p>	<p>I am very closed. All my things are in perfect order.</p>
<p>I am very calm.</p>	<p>I am very patient. I never get angry.</p>
<p>I am very athletic. I never thought anyone could.</p>	<p>I am very funny. I make people laugh all the time.</p>
<p>I am very sporty. I have sports and doing exercise all the time.</p>	<p>I am very hard. I never like to complain or even say big offense.</p>
<p>I am very persistent. I always respect the rules.</p>	<p>I am very confident. I always find that good idea or something.</p>
<p>I am very discreet. I never reveal myself.</p>	<p>I have very good ideas. I always like to invent new things and talk about them.</p>

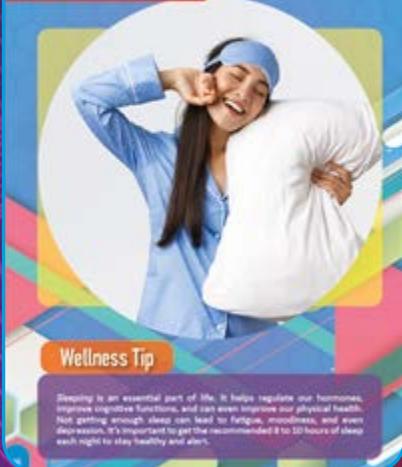
**Reflex 1 and 2**

a. In which areas are you less confident or less confident? Why?

b. What can you do to improve or change the things that don't like about yourself?



## MODULE 1



You will also find a *Wellness Tip* to encourage students to take care of themselves.

★★★★★

$P = R \cdot I^2$   
 $Q = mc(t - t_0)$   
 $E = \frac{1}{2}mv^2$   
 $E = mgh$

$E = \frac{1}{2}mv^2 =$

**MAKING A DIFFERENCE**  
 —by being socially responsible

Cheating is when a person, friend, classmate, or even deliberately on purpose. You can cheat in many ways when doing an exam.  
 • What do you think are different ways students cheat at school?  
 • What are some consequences of cheating?  
 • What do you think the teacher will think about the student because he cheated?  
 • What about his parents?  
 • If you see someone cheating, what would you do?

★★★★★

**MAKING A DIFFERENCE**  
 —by being socially responsible

It's possible to be talk negatively about other people, typically involving details that are not confirmed as being true. Gossiping involves that has nothing to do with its target, doesn't it?  
 • Do you like to gossip? Why? Why not?  
 • Have you ever started a gossip?  
 • Do you like to hear gossip?  
 • Have you ever heard people gossiping about you? How did you feel?  
 • What did you do?  
 • Do you know of any gossip that has caused serious trouble to people?

**Nowadays** encourages students to be socially responsible citizens.

At the end of each module, you will find the *Nowadays* spread with many interesting sections.

**1 JUST NOW** New Jobs

**2 HOW ABOUT YOU?**

**3 POPCORN TIME!**

**4 SING IT!**

**5 #TrendingTopic**

**6 GLOBAL CITIZENSHIP**

**7 LIVING ONLINE**

**8 AMAZING MEXICANS**

**9 GREEN WORLD**

- 1 **JUST NOW** presents interesting information that is related to one of the topics seen in each module.
- 2 **HOW ABOUT YOU** presents questions related to the *Just Now* Section to be discussed in class.
- 3 **POPCORN TIME** suggests movies, videos or TV shows that are related to something seen in each module.
- 4 **SING IT!** presents songs that can be used to reinforce some grammatical points of each module.
- 5 **TRENDING TOPIC** invites you to find out what's happening in the world.
- 6 **GLOBAL CITIZENSHIP** promotes attitudes that are necessary to be part of a globalized world.
- 7 **LIVING ONLINE** advises you on dos and don'ts in the cyber world.
- 8 **AMAZING MEXICANS** presents Mexican people who are successful in different areas nowadays.
- 9 **GREEN WORLD** shows different sustainability and eco-friendly projects around the world.

# Technology as a Learning Tool



Integrating technological tools in the teaching and learning process has become increasingly important in the modern classroom. Technology has the potential to increase student's engagement, enable better collaboration, and provide more opportunities for personalized learning. Technology can also provide teachers with more effective methods of assessment and feedback, helping them to better understand what their students are learning. Additionally, technology can provide students with access to a wealth of educational resources, including videos, simulations, and interactive learning activities. By leveraging the power of technology, teachers and students can create a more dynamic learning environment that will help improve the overall quality of education.

## Gramvids

These videos will help you understand the grammatical points included in every lesson.



## Sing It!

Now, all the songs suggested in this section include the *Spotify* code which makes it easier for you to sing the songs using the new lyrics function provided by this popular app.



Hi!  
How was your weekend?



## Practical English

These *TikTok* videos will be a great way to improve your speaking skills.

## Corespi Learning Environment

This learning platform provides a great variety of effective, attractive, fun, and meaningful online activities that will help you learn English in a dynamic way.

[corespibulletins.com](http://corespibulletins.com)



[informacioncorespibulletins@gmail.com](mailto:informacioncorespibulletins@gmail.com)

443 859 6475

**TECHY TIPS**

**MEM  
RISE**

**Keep it in Mind**  
Many English learners find learning new words and meanings challenging. Memrise is an app that can help you learn new words in an easy and fun way. You can learn words in many different ways. You can also keep track of what you've learned. This way, if you forget what a word means, you can look it back up and learn it again.

**QR**

**GRAM  
VIDS**  
Scan this code to watch the explanation of the grammatical Point presented in Module 1.

## Techy Tips

There are many different suggested digital tools to encourage students' autonomous learning.

## LIVING ONLINE

Nowadays, we spend a significant amount of time connected to the internet, using it for a variety of purposes, such as socializing, shopping, working, and, of course, learning. Our lives are increasingly mediated by technology, so in this section you will find interesting information that will help you transform the way you interact with the world around you when you are online.

## DIGITAL CITIZENSHIP

Digital Citizenship is the responsible, respectful and safe use of online technology and social media. It is important to teach teenagers digital citizenship not only to help them understand how to use technology and social media responsibly, but also how to protect themselves and their personal information online. By understanding the potential risks, teenagers can make informed decisions about how to use digital technology and social media safely. Teaching teenagers digital citizenship can help them develop the skills and knowledge necessary to be safe and successful online.



# MULTIPLE INTELLIGENCES QUIZ

## In how many ways are you smart?

**Step 1:** Check the eight types of intelligences identified by a different color at the top of the grid (**MUSICAL**, **VERBAL-LINGUISTIC**, etc.).

**Step 2:** Read each of the 24 statements below. Rate each statement from **0 to 5** depending on how well the descriptions fit you (**0 = Not at All to 5 = Very True**).

**Step 3:** Follow the color code to find the column in which you must write your score in the corresponding line.

**Step 4:** Add the numbers in each column to find the total score and write it down at the bottom of the grid in its corresponding color.

The highest possible score in one area is 15.

MUSICAL	VERBAL-LINGUISTIC	INTRAPERSONAL	VISUAL-SPATIAL	INTERPERSONAL	NATURALISTIC	KINESTHETIC	LOGICAL-MATHEMATICAL
---------	-------------------	---------------	----------------	---------------	--------------	-------------	----------------------

Which of the following are true about you?	0-5						
I enjoy singing and I sing well.							
I love crossword puzzles and other word games.							
I like spending time by myself.							
Charts, maps, and graphic organizers help me learn.							
I learn best when I can talk over a new idea.							
I enjoy art, photography, or doing craft projects.							
I often listen to music in my free time.							
I get along well with different types of people.							
I often think about my goals and dreams about the future.							
I enjoy studying the earth and nature.							
I enjoy caring for pets and other animals.							
I love projects that involve acting or moving.							
Written assignments are usually easy for me.							
I can learn new math ideas easily.							
I play a musical instrument (or would like to).							
I am good at physical activities like sports or dancing.							
I like to play games involving numbers and logic.							
My best way to learn is by doing hands-on activities.							
I love painting, drawing, or designing on the computer.							
I often help others without being asked.							
I enjoy being outside in all types of weather.							
I love the challenge of solving a difficult math problem.							
Having quiet time to think over ideas is important to me.							
I read for pleasure every day.							
<i>This suggested activity is part of some exercises designed by Laura Candler. You can find them here: <a href="https://bit.ly/3Eg9roH">https://bit.ly/3Eg9roH</a></i>	TOTALS						

# Are You Ready? Diagnostic Test

## How Much Do You Know?

1. Complete the chart with the simple past and past participle forms of the verbs given.



Simple Form	Simple Past	Past Participle
Ex: go	went	gone
a. speak		
b. drink		
c. drive		
d. see		
e. get		
f. do		
g. clean		
h. eat		
i. buy		
j. make		

2. Complete the sentences with the correct form of the verb in Simple Past or Past Continuous tense.

1. I \_\_\_\_\_ (watch) TV when the phone rang.

2. She \_\_\_\_\_ (study) English last night.

3. They \_\_\_\_\_ (play) soccer in the park yesterday.

4. While I was cooking, he \_\_\_\_\_ (read) a book.

5. We \_\_\_\_\_ (not/go) to the movies last weekend.

3. Write sentences in Present Perfect tense using the following prompts.

1. You / not / see / that movie yet

---

2. They / just / finish / their project

---

3. She / live / in this city for ten years

---

4. I / already / eat / dinner

---

5. Have you ever / travel / to another country?

# EVERYDAY LANGUAGE

## Traveling

### At the Train / Bus Station

How long is the journey from here to \_\_\_\_\_?

What platform does the train/bus to \_\_\_\_\_ depart from?

Does the train/bus have Wi-Fi onboard?

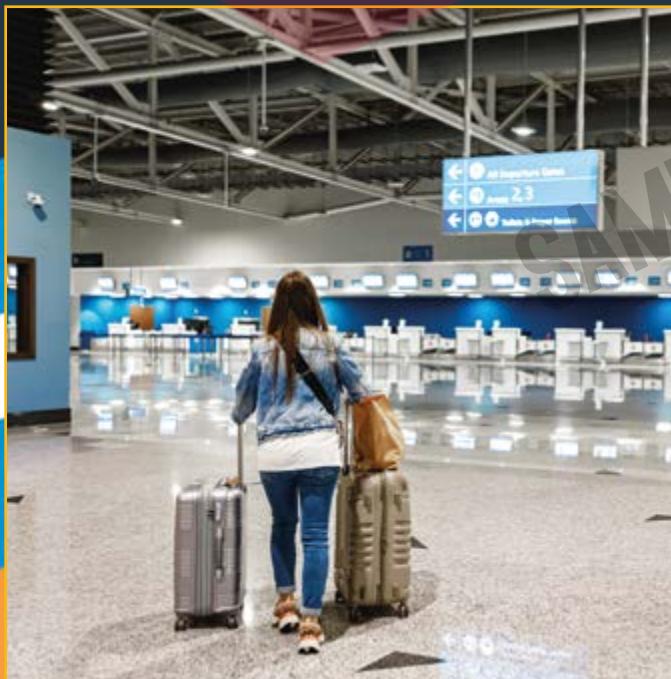
Are there any stops or transfers along the route?

Is there food service available on this train/bus?

Are there power outlets on the train/ bus to charge electronic devices?



### At the Airport



Can you tell me where the check-in counter is?

Can I request an aisle seat, please?

Excuse me, which gate is my flight departing from?

What time should I arrive at the security checkpoint?

Is there a shuttle bus that runs between terminals?

Where can I find the baggage claim area?

## On the Airplane

Could you assist me in stowing my carry-on luggage?

Could you move up one seat, please?

Can I have a blanket and pillow, please?

Are there any in-flight entertainment options on this flight?

Excuse me, could you please lower the window shade?



## At the Hotel

Do you have any available rooms for tonight?

What time is check-in and check-out?

Can I have an extra keycard, please?



Is breakfast included in the room rate?

Is there a gym or fitness center in the hotel?

Are there any laundry services available?

# MODULE 1



## Wellness Tip

### Manage Stress

Stress can make us feel bad physically and mentally. It can cause problems like worry, sadness, high blood pressure, heart problems, and a weaker immune system. To feel better, we can take care of ourselves, relax, and talk to a doctor or therapist if needed.

By doing these things, we can live healthier, happier, and more balanced lives.

# PROJECT

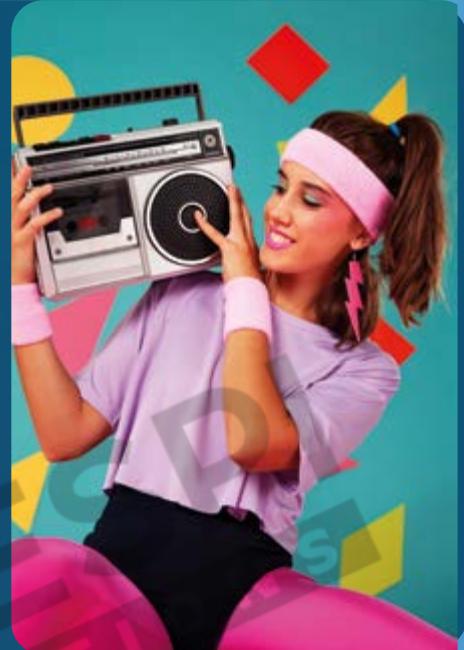
## Life in the 1980s

Imagine you're a historian researching life in the 1980s. Use books, articles, or online resources to gather information about life in the 1980s. Focus on topics like technology, fashion, music, and daily life. Design a *PowerPoint* presentation with slides that include images, text, and short video clips (if possible). Prepare a script to guide your presentation. Use "used to" to describe past habits and situations. For example, *People used to listen to music on cassette tapes* or *Kids used to play outside more often*.

Practice your presentation and deliver it to your classmates.

### Specifications:

- Your presentation should be 5-7 minutes long.
- Include at least 5 slides with visuals.
- Hand out a copy of your script to your teacher.



## Project Rubric

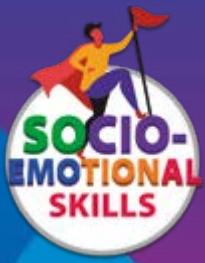
Description of the project: \_\_\_\_\_

Team members: \_\_\_\_\_

Criteria	Very Good 3 points	Good 2 points	Needs Improvement 1 point
The content required was fulfilled according to the instructions.			
The presentation was clear and students spoke English all the time.			
Everything was turned in on time and neatly presented.			
The product / visual material was well-prepared and supported the presentation.			
All members of the team worked on the project equally and participated in the presentation.			

Final Result \_\_\_\_\_ / \_\_\_\_\_ points

Date: \_\_\_\_\_ Teacher: \_\_\_\_\_



# Active Listening

Most of us think we are good listeners. Unfortunately, the truth is that we are usually too busy thinking of our next response to really hear what others are saying. Good listeners don't assume they know or understand a situation before hearing someone out. They listen, pay attention to the facts of the situation and analyze the emotions involved. To be actively listening, you must focus on both the words that someone is saying and the nonverbal signs that the speaker is trying to convey.

## Are You a Good Listener?

**Activity:** For each skill, rate yourself: *S* for strength, *O* for *OK* or *N* for I need to work on it.

1. When I am being talked to, I make eye contact. \_\_\_\_\_
2. I watch the speaker's facial expressions and try to understand him/her. \_\_\_\_\_
3. When someone is speaking to me, I nod and say things like "OK" and "uh-huh" Occasionally, so the speaker sees that I am paying attention. \_\_\_\_\_
4. I listen trying to understand the speaker's point of view. \_\_\_\_\_
5. I do not interrupt the speaker. \_\_\_\_\_
6. I wait for the speaker to make a pause before I ask for clarification. \_\_\_\_\_
7. I am not distracted by anything; the speaker has my full attention. \_\_\_\_\_
8. I try to remember the speaker's important points. \_\_\_\_\_
9. I repeat points back during a conversation to be sure I am understanding. \_\_\_\_\_
10. I remain neutral and with an open-minded attitude while listening to the speaker. \_\_\_\_\_

## Reflect and Discuss

- a. Has anybody ever gotten mad at you because you weren't listening to them? What happened?
- b. How do you feel when someone won't listen to your ideas or opinions?
- c. What are some reasons why people don't listen?
- d. How could you improve your listening skills?



# LESSON 1

## VOCABULARY

a. Match the words to the corresponding pictures. Listen and check your answers. (Track 1) 

### Childhood

ride a bike  
play marbles  
make paper planes  
fly kites  
play with toys

dance ballet  
do gymnastics  
skate  
play video games  
watch cartoons

eat candy  
play board games  
climb trees  
play hide & seek  
play hopscotch



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_



13. \_\_\_\_\_



14. \_\_\_\_\_



15. \_\_\_\_\_

b. Practice the following conversation with a partner. Then, create new dialogues substituting the words in bold.

### When You Were Little

A: What did you like to do when you were little?

B: I used to **play marbles** all the time.

A: Really? I used to **play marbles** too.





# Used To Affirmative Form

We use **used to** to talk about past habits or activities that were commonly done in the past, but are not done anymore.  
*Ben used to travel a lot in his job, but now he doesn't.*

*I used to drive to work, but now I take the bus.*

We also use it for something that was true but no longer is.

*There used to be a coffee shop around the corner, but it isn't there anymore.*

*She used to have really long hair, but she donated it to the cancer hospital last month.*

**Note: After *used to* we use the **verb** in simple form.**

c. Fill in the blanks using the correct verb from the box.

celebrate eat take ask  
walk play work be

1. I used to \_\_\_\_\_ piano lessons when I was in elementary school.
2. Betty used to \_\_\_\_\_ meat, now she is a vegetarian.
3. I used to \_\_\_\_\_ to school, now I ride my bike.
4. There used to \_\_\_\_\_ a cinema in the town, but now there isn't.
5. My mom used to \_\_\_\_\_ as a nurse, now she's retired.
6. I used to \_\_\_\_\_ the guitar in a rock band, but now I don't have time to do it.
7. My friends and I used to \_\_\_\_\_ for candy on Halloween when we were little.
8. My family used to \_\_\_\_\_ New Year's Eve at my grandma's house, now we celebrate it at my uncle Jack's house.



# Used To

## Negative and Interrogative Forms

Remember: We use **used to** for something that happened regularly in the past but no longer happens now.

**Negative: Subject + did not (didn't) + use to + verb + complement.**

I didn't use to eat broccoli when I was little.

**Interrogative: Did + subject + use to + verb + complement + ?**

## Did you use to drink coffee when you were a child?

**d. Choose the correct option.**





## SPEAKING

e. Work with a partner, ask and answer the questions below to each other.

### Old Habits



1. Name something that you used to hate but now you like.
2. Who used to be your hero when you were little?
3. Did you use to have a pet when you were a kid?
4. Did you use to get good grades in elementary school?
5. What food did you use to hate but you like it now?
6. Where did you use to play when you were a child?



## LISTENING

f. Listen and write the corresponding number next to the celebrity. (Track 2)

### Celebrities



\_\_\_\_\_ William Levy  
\_\_\_\_\_ Michael Jackson  
\_\_\_\_\_ Barak Obama  
\_\_\_\_\_ J.K. Rowling  
\_\_\_\_\_ Selena Gomez



## READING

g. Read the article and answer the questions. (Track 3)

### Did you know...?



Some of the world's most famous people used to do different things for a living before becoming famous. Some used to be teachers, waiters, etc. Some even used to be homeless.

#### Gene Simmons

The tongue-flicking bassist of *Kiss* used to teach sixth grade in Harlem before he became the world's most famous bass-playing demon. Simmons used to replace the works of Shakespeare with *Spiderman* comics because he thought the students would like them more. Of course, the school authorities didn't approve it.

#### Ashton Kutcher

Ashton used to study Biomedical Engineering at the University of Iowa, but he dropped out of college to pursue his modeling career. He also used to sweep cereal dust at a General Mills factory to get some money.

#### Sandra Bullock

Sandra Bullock used to be a cheerleader when she was a high school student. She used to study acting at East Carolina University in Greenville, North Carolina. She dropped school and moved to New York where she used to work as a waitress and a bartender.

#### J.K. Rowling

Rowling used to be an unemployed single mother when she wrote the first *Harry Potter* book. Rowling used to struggle to get her first book, *Harry Potter and the Philosopher's Stone*, published. The book was rejected by over a dozen publishers. Finally, a small British publisher, Bloomsbury, said yes. *Harry Potter* became the best-selling book series of all time.

1. What did Gene Simmons use to do before becoming a rock star?
2. What did Ashton Kutcher use to do before becoming a famous actor?
3. What did Sandra Bullock use to do before becoming a famous actress?
4. What did JK Rowling use to do before becoming a famous writer?



## PORTFOLIO



## WRITING

### Famous People

h. Do you know any other famous people who used to do very different things before what they do now? Write about him/her in your notebook. Share it with the rest of the class.

# LESSON 2



## VOCABULARY

a. Match the words to the correct picture. Listen and check your answers. (Track 4) 

### Cell Phone Vocabulary

download  
upload  
turn on  
turn off

plug in  
unplug  
charge  
update

touchscreen  
dial  
hang up  
text



1. \_\_\_\_\_



2. \_\_\_\_\_



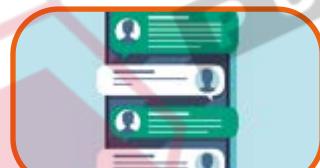
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



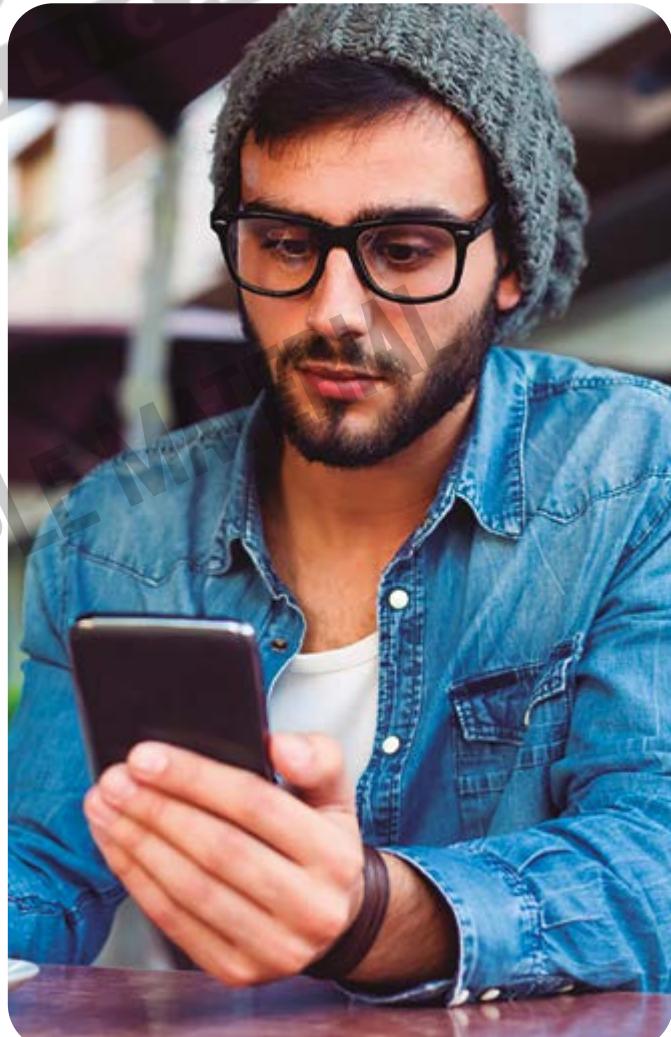
11. \_\_\_\_\_



12. \_\_\_\_\_

b. Complete the sentences using vocabulary words from exercise a.

1. If you have a single wall outlet, try not to \_\_\_\_\_ more than three gadgets at the same time.
2. Before you use a new cell phone, you have to \_\_\_\_\_ it for three hours.
3. You have to \_\_\_\_\_ the apps in your phone regularly to make it work more efficiently. \_\_\_\_\_ videos from safe pages only to avoid viruses.
4. If possible, \_\_\_\_\_ your phone before going to sleep.
5. In case of thunderstorm, \_\_\_\_\_ gadgets and appliances.





# Present Perfect Tense Review

## Remember:

- We use the **Present Perfect Tense** to describe actions that happened at an indefinite moment before now.
- The **present perfect tense** is formed by the helping verb **have** and the **past participle form** of a verb.

## Examples:

I **have** visited many different places in the world.

Mark **has** never eaten sushi before.

## c. Fill in the blanks using the verbs in the box and the **Present Perfect Tense** structure.

start  
read

be  
live

see  
make

Example: She **has made** three apple pies **already**.

1. You are late! The movie \_\_\_\_\_ already \_\_\_\_\_.
2. We \_\_\_\_\_ many interesting stories in literature class.
3. Victor and I \_\_\_\_\_ friends for over ten years.
4. That's a wonderful movie. I \_\_\_\_\_ it four times.
5. Luis is my new neighbor. He \_\_\_\_\_ next door for three months.



## d. Underline the correct option.



1. My parents have worked as teachers at this school (**since / for**) 2013.
2. My sister has lived in Monterrey (**since / for**) ten years.
3. Monica hasn't arrived in Mexico City (**yet / already**).
4. Ray hasn't called me (**since / for**) three days.
5. We have (**already / yet**) studied for the history exam for hours.
6. I have (**ever / never**) traveled by plane before.
7. My aunt Rose has traveled to more than 20 countries (**since / for**) she retired.
8. We have (**yet / already**) been to the Louvre museum.
9. My little brother has wanted to go to Disneyland (**for / since**) I can remember.
10. Have you (**ever / never**) met someone famous?

## READING

e. Read the following text as you listen to it. Then, answer the exercise. (Track 5) 

### How Cell Phones Have Evolved

Could you survive a day without your cell phone? Cell phones have become incredibly advanced and therefore incredibly necessary. Twenty years ago, cell phones were very different from what we can find in stores nowadays. You could only make phone calls and send text messages. When cameras were introduced in phones for the first time, the images were low quality and that feature was considered to be just an extra, not something essential. Nowadays, we all want our smartphone to have a high quality camera. And cameras were just the beginning. Later, keyboards became more sophisticated, then we were able to store music in them, and little by little, different functions were added, just as other features disappeared, like keyboards that have been replaced by touch screen keyboards that only come out when necessary. As you can see, in the last decade, the purpose of cell phones has changed from a simple communication tool to a multimedia device that we use to send messages, check e-mail, take photos, update our social media status, google information, find places using GPS, and a bunch of other things than actually making calls. That's why we now call them smartphones or mobile devices because they are much more than just a phone. They have become essential tools in our lives.



Write three complete sentences describing how cell phones have evolved in the last years.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## LISTENING

f. Listen to the conversation. Fill in the blanks with the missing information. (Track 6) 

### May I Help You?

**Salesperson:** May I help you?

**Jimmy:** Yes, I'm looking for a \_\_\_\_\_ (1) phone.

**Salesperson:** Do you have any model in mind?

**Jimmy:** No, not really.

**Salesperson:** Okay, let me show you our most popular \_\_\_\_\_ (2).

**Jimmy:** That sounds great.

**Salesperson:** This one has a lot of good features. It has a great \_\_\_\_\_ (3) and plenty of \_\_\_\_\_ (4) space.

**Jimmy:** What about the battery? Does it last all day?

**Salesperson:** Sure! It will get you close to 48 \_\_\_\_\_ (5) of use.

**Jimmy:** Really? That's awesome!

**Salesperson:** Let me tell you a little about our plans. Come this way, please.



## SPEAKING

g. Work with a partner and ask each other the following questions.

### My Cell Phone

1. Do you have a cell phone? \_\_\_\_\_.
2. What do you use it for? \_\_\_\_\_.
3. Do you need a new cell phone? \_\_\_\_\_.
4. What is your favorite cell phone brand? \_\_\_\_\_.



## WRITING



### PORTFOLIO

### The Best Cell Phone

h. What is the best brand of cell phones in the market nowadays? Rank your favorite brands below from one to five. Then, in your notebook, write the characteristics of your favorite cell phone.

# LESSON 3

## VOCABULARY

a. Match the signs to their meaning. Listen and check your answers. (Track 7) 

### Public Signs

No Parking ( )  
School Crossing ( )  
Maximum Speed ( )  
Don't smoke. ( )  
Don't use cellphones. ( )

Don't take photos. ( )  
Don't wear caps. ( )  
Don't turn left. ( )  
No pets allowed ( )  
No U-turn ( )



b. Choose the correct sentence and write it under each picture.

When we go to the movie theater we have to follow these rules:

- You must not speak during the movie.
- You must not smoke inside the room.
- You must not take food from another store inside.
- You must turn off your cell phone.



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## GRAMMAR

# Modals of Obligation

### have to / don't have to

Strong Obligation  
(possibly from outside)

Children **have to** go to school.

No obligation

I **don't have to** work on Sundays.

You **don't have to** eat anything you don't like.

### must / mustn't

Strong Obligation  
(possibly based on the speaker's opinion)

I **must** study today.

Negative Obligation (prohibition)

You **mustn't** smoke here.

### should / shouldn't

Mild Obligation or Advice

You **should** save some money.

Mild negative obligation or advice

You **shouldn't** smoke so much.

d. Write some of the rules you have to follow at school and at home. Use **must** and **mustn't**.

Example: Students **must** wear a uniform.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



e. Circle the correct option.

1. You **must/could** have a driver's license to drive a car.
2. Athletes **must/must not** have a strict diet.
3. We **may/should** make a reservation. That's a very popular restaurant.
4. I'm sorry. I can't go to the party with you tonight. I **have to/shouldn't** finish my project. It's due tomorrow.
5. Zoo visitors **have to/mustn't** feed the animals.



c. Fill in the blanks with **mustn't** or **don't/ doesn't have to**.

1. We have an exam tomorrow. You \_\_\_\_\_ be late.
2. The concert is free. He \_\_\_\_\_ pay for the tickets.
3. You \_\_\_\_\_ tell Patty about the party. It's a surprise.
4. You \_\_\_\_\_ smoke inside the hospital.
5. I \_\_\_\_\_ do any homework today. I did it yesterday.



## READING



## LISTENING

f. Read the following text as you listen to the recording. Then answer the questions.

(Track 8)

## The Importance of Paying Attention



Walking down the street, we often encounter various signs and symbols. These signs are not just decorations; they are essential tools for maintaining safety and order. By paying attention to these signs, we can avoid accidents, respect others, and contribute to a more harmonious society.

Traffic signs, for instance, are crucial for road safety. They instruct us to stop, go, or yield. Ignoring these signs can lead to dangerous situations. Similarly, pedestrian crossings and traffic lights are designed to protect pedestrians. By obeying these signs, we can ensure our own safety and the safety of others.

In addition to **traffic signs**, there are other types of signs that we encounter in our daily lives. For example, **No Smoking** signs indicate areas where smoking is prohibited. **Quiet Zone** signs remind us to keep the noise level down in certain areas. By following these signs, we show respect for others and contribute to a peaceful environment.

In conclusion, paying attention to signs and symbols is essential for a safe and harmonious society. By obeying these guidelines, we can protect ourselves and others and make our communities better places to live.

In your notebook, answer the following questions about the text.

1. Why are signs important?
2. What kind of signs can be found on the streets?
3. What can happen if we ignore traffic signs?
4. How can we contribute to a peaceful environment?
5. What is the main message of the text?



## LISTENING

g. Listen to the conversation and fill in the blanks with words from the box. (Track 9)

have to (x2)  
Saturday  
shouldn't  
would (x2)

movies  
Friday  
can  
could (x2)

## That Sounds Like A Plan!

Eddy: Hi, Roxanne! How are you?

Roxanne: Hi, Eddy! I'm fine, and you?

Eddy: Great! Listen, (1) \_\_\_\_\_ you like to go to the (2) \_\_\_\_\_ next Friday?

Roxanne: I (3) \_\_\_\_\_ love to, but I (4) \_\_\_\_\_ work on (5) \_\_\_\_\_ night.

Eddy: Oh, that's too bad! You (6) \_\_\_\_\_ work so much!

Roxanne: I know. But we (7) \_\_\_\_\_ go out on Saturday. What do you think?

Eddy: Perfect! We (8) \_\_\_\_\_ have some coffee before the movie.

Roxanne: Sure! I (9) \_\_\_\_\_ tell you so many things.

Eddy: OK! (10) \_\_\_\_\_ I pick you up at 6:00 o'clock?

Roxanne: That sounds like a plan! See you next (11)\_\_\_\_\_!



## SPEAKING



## WRITING



## PORTFOLIO

## It's a Great Plan!

h. Work with a partner and create a conversation similar to the one you just heard. Write it down and practice it.

A: \_\_\_\_\_

B: \_\_\_\_\_

A: \_\_\_\_\_

B: \_\_\_\_\_

A: \_\_\_\_\_

B: \_\_\_\_\_

A: \_\_\_\_\_

B: \_\_\_\_\_

A: \_\_\_\_\_

# LESSON 4



## VOCABULARY

a. Match the words and the pictures. Listen and check your answers. (Track 10)

### Hygiene Vocabulary

sanitize  
disinfect  
scrub  
rinse

germ  
personal hygiene  
oral hygiene  
handwashing

hygiene products  
antiseptic  
germicide  
aseptic



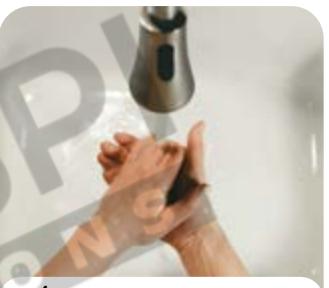
1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



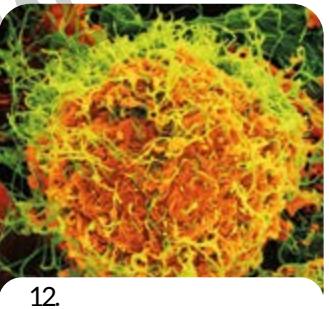
9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_

b. Remember the hygiene protocols that we had to follow during the Covid-19 pandemic? Write three different actions that we all had to do in order to protect ourselves and others.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# Ought to and Should

**Ought to** and **should** are both modal verbs used to express obligation, advice, or expectation. While they are often interchangeable, there are subtle differences in their usage.

## Ought to

- General obligation or duty: It suggests a moral, legal, or social obligation.  
*Example: You ought to respect your elders.*
- Strong advice or recommendation: It implies a strong suggestion based on personal opinion or experience.  
*Example: You ought to see that movie; it's fantastic.*

## Should

- General advice or recommendation: It suggests a less strong obligation or advice compared to *ought to*.  
*Example: You should eat more fruits and vegetables.*
- Expectation or probability: It can also express an expectation or probability.  
*Example: It should rain tomorrow.*

### c. Circle the correct answer.

- You **(ought to/should)** be more patient with your siblings.
- We **(ought to/should)** recycle to protect the environment.
- It **(ought to/should)** be a sunny day tomorrow.
- You **(ought to/should)** brush your teeth after you eat.
- I **(ought to/should)** go to the dentist because I have a toothache.



### d. Identify whether the sentence expresses a strong obligation, advice, or expectation. Write it on the line.

- You ought to follow the traffic signs. \_\_\_\_\_
- You should drink more water. \_\_\_\_\_
- It should be a warm night. \_\_\_\_\_
- You ought to apologize for your mistake. \_\_\_\_\_
- She should go to the doctor because she isn't feeling well. \_\_\_\_\_
- We should be on time to catch the bus. \_\_\_\_\_



 READING

e. Read the article as you listen to the recording. Answer the questions at the end. (Track 11) 

## The Importance of Oral Hygiene



Oral hygiene, or taking care of your mouth and teeth, is essential for overall health. Poor oral hygiene can lead to a variety of problems, including cavities, gum disease, and bad breath.

**Cavities** are holes in your teeth that are caused by bacteria that eat away at the enamel. Cavities can be painful and can lead to more serious dental problems.

**Gum disease** is an infection of the gums that can cause them to become swollen, red, and bleeding. Gum disease can also lead to tooth loss.

**Bad breath** is a common problem that can be caused by a variety of factors, including poor oral hygiene. Bad breath can be embarrassing and can make it difficult to socialize.

There are a number of things you can do to improve your oral hygiene. Brushing your teeth twice a day with a fluoride toothpaste is essential. You should also floss once a day to remove food particles from between your teeth. Additionally, it is important to see your dentist for regular checkups and cleanings.



### COMPREHENSION

1. What are the three main problems that can be caused by poor oral hygiene? \_\_\_\_\_

\_\_\_\_\_

2. What are two ways to improve your oral hygiene? \_\_\_\_\_

\_\_\_\_\_

3. Why is it important to see your dentist for regular checkups and cleanings? \_\_\_\_\_

\_\_\_\_\_



## LISTENING

f. Listen carefully and write if the dialogues you hear are about expressing obligation, making plan or giving advice. Write it on the lines. (Track 12) 

## I'll Try My Best

Dialogue 1: \_\_\_\_\_

Dialogue 2: \_\_\_\_\_

Dialogue 3: \_\_\_\_\_



### SPEAKING



### WRITING



### PORTFOLIO

## Should & Ought to

g. With a partner, create two short dialogues like the ones in the previous activity, one using *should* and one using *ought to*. Write them in your notebook and practice them.



# LESSON 5

## VOCABULARY

a. Look at the pictures. Write the corresponding word under each one. Then, listen and check your answers.

(Track 13) 

## Chores

sweep the floor  
wash the dishes  
clean the stove

wash clothes  
clean up a room  
make the bed

dust furniture  
water plants  
iron clothes

walk the dog  
set the table  
take out the trash

mop the floor  
pick up toys  
wash the car



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



9. \_\_\_\_\_



10. \_\_\_\_\_



11. \_\_\_\_\_



12. \_\_\_\_\_



13. \_\_\_\_\_



14. \_\_\_\_\_



15. \_\_\_\_\_



# Will and Would

**Would** and **will** are both modal verbs. However, they have distinct uses.

## Will

- **Future Tense:**

It is used to express future actions or intentions.

*Example: I will go to the store tomorrow.*

- **Promises, offers, and requests:**

It is used to make promises, offers, or requests.

*Example: I will help you with your homework.*

*Example: Will you open the door for me?*

## Would

- **Past Tense:**

It is used to express past habits or actions.

*Example: I would often walk to school when I was a child.*

- **Polite requests:**

It is used to make polite requests.

*Example: Would you like a cup of tea?*

## b. Choose the correct word.

1. I (**will/would**) help you with your math homework.
2. When I was a kid, I (**will/would**) ride my bike every day.
3. (**Will/Would**) you like to go to the movies tonight?
4. She (**will/would**) be happy to see you.
5. (**Will/Would**) you please pass me the salt?
6. My grandfather (**will/would**) tell us stories every night.
7. (**Will/Would**) you like to go to the park?



## c. Read the situations and match the two columns.

1. You're planning a party for your birthday. What will you do? \_\_\_\_\_
2. When you were a child, what would you do in the summer? \_\_\_\_\_
3. Would you please turn off the light? \_\_\_\_\_
4. I'm going to the store. Do you want anything? \_\_\_\_\_
5. She would always help her grandmother with the chores. \_\_\_\_\_
6. Will you meet me at the park? \_\_\_\_\_

- a. I would go swimming.
- b. Of course.
- c. Buy some milk, please.
- d. Sure. I will be there at 3 PM.
- e. She would water the plants every Sunday.
- f. I will invite my friends and family.



**LISTENING****SPEAKING**

d. Listen to the following conversation. Practice it with a partner. Create new dialogues substituting the words in bold. (Track 14)

## Would You Like to Go Out?

On the phone...

A: Hello! Is this **Ximena**?

B: Hello! Yes, it is.

A: Hi! This is **Sergio**.

B: Oh, hi!

A: Hey! Would you like to go out?

Have a cup of coffee, maybe?

B: I'd love to, but I'm **cleaning my room**. I always **clean my room** on Saturday morning.

A: Oh! OK... What about this afternoon?

B: Sure! It sounds great!

**READING**

e. Read the text as you listen to the recording. Then, answer the questions. (Track 15)

## We Are a Great Team!

Hi, my name is Peter. I live with my family in a big house. I have two brothers and one sister. Since we all work or study, we all are in charge of some chores at home. We all make our beds every morning before going to school or work. My mom cooks dinner every day. My brother Jimmy takes out the trash, and my brother Jack walks the dog every night. My sister sets the table every day before dinner, and my mom and dad take turns to wash the dishes. Weekends are busy too. My dad and I wash the two family cars, and my mom goes to the supermarket every Saturday evening. My brothers sweep and mop the floor on Saturdays too. On Sundays, my dad works in the garden. He trims the bushes, waters the plants, and mows the lawn. My sister and I are in charge of doing the laundry during the weekend. As you can see, we are a great team!

**COMPREHENSION**

1. Who prepares dinner every day?

\_\_\_\_\_

2. Who walks the dog every night?

\_\_\_\_\_

3. What chores does Peter do every week?

\_\_\_\_\_

4. Who does all the gardening?

\_\_\_\_\_

5. How often does Jimmy take the trash out?

\_\_\_\_\_

**WRITING****PORTFOLIO**

## Household Chores

f. What chores do you do at home? What does each member of your family do? Write a short composition describing the chores each person does at home.

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# TECHY TIPS



## Fun Presentations

Have you ever heard of *Powtoon*? *Powtoon* is a fantastic tool for creating animated presentations and animated explainer videos. You can use it either for school or personal projects. Try it, it's also a great way to develop your creative and writing skills.



QR



Scan this code to watch  
the explanation of the  
Grammatical Points  
presented in Module 1.





## MAKING A DIFFERENCE

—by being socially responsible

**Corruption** is dishonest behavior by those in positions of power, such as managers or government officials. **Corruption** can include giving or accepting bribes or inappropriate gifts, double-dealing, under-the-table transactions, manipulating elections, diverting funds, laundering money, and defrauding investors.

- Why do you think people are corrupt?
- Is **corruption** ever justifiable?
- Have you ever received a bribe?
- Have you ever bribed someone?
- What are some problems with **corruption** in the political system of your country?
- What recent **corruption** scandal was there in the news?
- Who is the most corrupt politician or businessperson you know?
- What is the best way to fight **corruption** in business and politics?

# Nowadays

JUST  
NOW

## Cellphones

In this module, you learned about cell phones. Well, cell phones have changed a lot during the last decades. At the beginning, they were used mainly for communication, calls and text messages. But many features have been added through time. Nowadays you can do a bunch of things, from making phone calls, through listening to music, taking photos, checking your e-mail, to playing games, among many other things.



## HOW ABOUT YOU?

Discuss the following questions.

- Which cell phone do you think is the best?
- What features does your smartphone have?
- What are the five apps that you use the most?
- What difference, if any, does the operating system make to you?



## SING IT!

Here is a song to review a grammatical structure seen in this module.

Used to:



AJ Mitchell



## POPCORN TIME!



In this module, you learned how to talk about past situations, as well as vocabulary related to activities that we all used to do when we were little. There is an excellent movie related to these topics, *The Book Thief*. Have you seen it? If not, you should. It's a fantastic movie that will let you know how life used to be for kids in Germany during World War II.

## #TrendingTopic

In this module, you read about the importance of following traffic signs. Well, lately, electric scooters and bicycles have become a popular mode of transportation, but their use is not regulated in all cities. Research online if there are any rules for these types of vehicles in your city. If there aren't, do you think they should be created?





## LIVING ONLINE

### GLOBAL CITIZENSHIP

**Generosity** is the act of being kind, selfless, and giving to others. **Generosity** behaviors include different types of prosocial behaviors, such as philanthropic giving, volunteering, helping behavior, and organ and blood donation. The global COVID-19 pandemic has resulted in more people in need around the world. It should make us take the initiative, be proactive with our neighbors, get personally involved, and forget about indifference. We all have something to offer and should not underestimate it no matter how insignificant it might seem to us.

Discuss with your teacher and classmates how you can show **generosity** in difficult times and the importance of doing it.

Social media is not a place to air drama. You shouldn't post your personal problems. Keep your personal life as private as possible. If you need some advice or you just want to talk about what you feel or think, it is much better to go to a friend, or relative that knows you well, that cares about you, and that you feel confident with, instead of exposing your life to a bunch of people who don't care or that might even use that information to cause you some damage.

### GREEN WORLD

#### Green Houses

*Phi Suea House* is a 100% self-sustaining 24-hour solar powered multi-house residence. This project was launched in Chiang Mai, in the north of Thailand, on January 29th, 2016. *Phi Suea* is the first housing complex to be solar-hydrogen self-sufficient. In simple terms, the energy of the sun is transformed via solar panels into electricity. Any excess power will be converted and stored as hydrogen. When the sun is not shining, they will use the stored hydrogen gas from tanks to generate electricity by using fuel cells. These family homes include a permaculture garden and large double-glazed windows.

### AMAZING MEXICANS

Isaac Hernández was born on April 30th, 1990 in Guadalajara, Mexico. He was taught dancing by his parents at the age of 8 in the family backyard. His father is a former dancer. Trained at Philadelphia's The Rock School for Dance Education, he has worked as a professional ballet dancer at the American Ballet Theatre, San Francisco Ballet, Dutch National Ballet, and the English National Ballet. Hernandez was awarded the National Youth Award when he was only 13 years old and he is the only Mexican who has managed, at the age of 16, the gold medal at the USA International Ballet Competition in Jackson, Mississippi, held in 2006. In 2018, he received the highest award in the world of dance, winning the Benois de la Danse prize at the Bolshoi Theater. for his performance in *Don Quixote* with the Rome Opera Ballet and *La Sylphide* with ENB. He is the first Mexican dancer to win the award. Hernandez has been honored by the International Dance Association as the best male dancer in the world. Apart from his dance career, he has also become an icon for the arts and culture in Mexico, promoting them as a force for social cohesion and progress through free cultural events, workshops, and his non-profit organization Releve A.C.

