



Dori Aloni Meshi
With Avishag Dei • Liora Arnon

Express Yourself

Help your students
**REACH
HIGHER**

ACCESS TO INFORMATION

SOCIAL INTERACTION

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EXPRESS YOURSELF

by Dori Aloni Meshi with Liora Arnon and Avishag Dei

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unit

1

Let Your Colors Shine Through

The colors we like and the doodles we draw are windows to who we are – our personalities and our feelings. In this unit, you will learn about yourself and your friends by learning about colors and doodles.

A Look at the shapes below. Which shape do you like best?



Square



Rectangle



Triangle



Circle



Wave

B Now read what your choice says about your personality.

- You feel comfortable when there are clear rules and limits. When you have a job to do, you finish it, even if it is difficult or uninteresting.
- You love to organize everything, from meetings to events. When you have a job to do, you do it exactly right.
- ▲ You enjoy challenges, and you feel good when you finish something. When you have a job to do, you make clear plans for how to reach your goal before you begin.
- You care a lot about peace, and you are good at solving problems. When you have a job to do, you like to talk about it first and get other people's ideas.
- ∞ You are creative, and you love new challenges. When you have a job to do, you try to think of clever ideas for how to accomplish it.



Part A

In this section, you will:

- read an article about colors and personality
- compare and contrast your personality with your classmate's personality
- describe people using adjectives
- listen to an interview about color and moods
- talk about colors you like using the Present Simple

Reading

A Take the following quiz and see what you know about colors.

Color Quiz

1. After black and white, what is the first color that a baby can see?

- a. blue
- b. yellow
- c. red

2. What color can make people less angry?

- a. pink
- b. white
- c. green

3. What color car is most often seen on the road?

- a. silver
- b. white
- c. black

4. Which two colors can make you eat more?

- a. purple and pink
- b. red and yellow
- c. orange and brown

5. Which of the following colors isn't in the rainbow?

- a. pink
- b. purple
- c. light blue

For answers, go to page 36.



B You are going to read an article about colors and personality. Look up the New Words in the glossary at the back of the Workbook and list them in your notebook.

[WORKBOOK >>](#)

New Words

personality	relationship	comfortable	worry (v)	serious
connect	cheerful	friendly	depend on	take chances
key (n)	creative	on time	loyal	situation
organized	safe (adj)	artistic	trust (v)	
neat	kind (adj)	imagination	secret (n)	
messy	both ... and	fortunately	waste time	

C Which of the New Words can you use to describe a person?

D Now read the article. What does *your* favorite color say about you?

What Your Favorite Color Says About You

Quick! Don't think about it. Just say the first thing that comes to your mind when you read this question:

What is your favorite color?

According to psychologists, the color you like best says a lot about your personality.

5 It is connected to the way you act, the people you enjoy spending time with, how you study and the clothes you choose. In other words, your favorite color is one key to understanding ... YOU!

What about colors you *don't* like? Often, when people don't like a color, it is because of something that happened to them years ago. Try to remember when you first
10 started to dislike the color. For example, if you don't like green, think about when you began to feel this way. Did you use a green blanket in the first grade when you were sick in bed for a week? That may be why you don't like green today.

Find your favorite color below and see what it says about you. Of course, some people have more than one favorite color. If you like two colors about the same,
15 read the information on both of them.

White

You are logical, organized and neat. You don't like a messy room or messy relationships with people. You are an optimist, and you can always find the positive side of things. You are independent – you can take care of things yourself. You are careful with money.

Yellow

20 You are cheerful, creative and spontaneous. You love learning. You are fun to be with, and you have lots of interesting ideas. You like to wear nice clothes. You prefer "thinking" games to active games and sports. You sometimes try to hide your feelings. You are good with technology.

Pink

You have a positive way of looking at life, and you see the good in everyone.

- 25 You are very sensitive – sometimes too sensitive – and you want to feel safe and loved. You are kind. You take good care of everyone in your life, including¹ both family and friends, and you show them that you love them. People feel safe and comfortable with you.

Red

You are a friendly person who likes to be around other people. You have a lot of

- 30 energy, and you are a hard worker. You finish things on time because you don't wait for tomorrow. You appreciate new challenges and enjoy solving problems. You like to win! Second place is not good enough for you.

Purple

You are artistic, and you have a great imagination. People sometimes think that you're shy, but those who know you well say this isn't true. Your friends know they

- 35 can come to you for help because you think of others before yourself. Fortunately, you enjoy feeling needed. Time isn't important to you, so you are often late.

Blue

You enjoy peace and harmony, and you like it when things are neat and clean. You are friendly, and you always try to think of others. You love to learn new things, and people think you know a lot about everything. You aren't usually spontaneous – you

- 40 like to think before you do anything. You sometimes worry too much.

Green

You are someone that people can depend on because you are kind, loyal, and practical. You care about what people think of you – sometimes too much. Doing the right thing is important to you. You are intelligent, and you like learning new things. You love nature. You enjoy good food.

Brown

- 45 You are a loyal friend, and people can depend on you.

Your friends trust you and share their thoughts and secrets with you. Family is very important to you. You don't waste money on things you don't need, and you don't like to

- 50 waste your time either.

Black

You are independent and serious.

You know what you want, and you make decisions easily. You don't often take chances. You worry about what people think of you and how they see you.

- 55 You like to be the boss in every situation, and you don't let people get too close to you. You can be very creative, but you don't always want to be.
- 60

¹including - 77D



E Answer the questions in your notebook.

1. What can we learn about a person from the colors he/she likes? Name THREE things. (lines 1-7)
2. Why might someone hate the color green? (lines 8-12)
3. Choose the correct answer: Yes or No. Then copy the words from lines 13-15 that support your answer.
Every person has one favorite color. YES / NO
4. Copy the chart below into your notebook. Complete the chart with FIVE different colors and the qualities they show, according to lines 16-62.

Color	Qualities
1. white	logical, organized, neat, optimistic, independent, careful with money
2.	

F Read the information about the following teenagers. What do you think each teen's favorite color probably is?



Eli

Eli loves to go hiking, and he knows the names of all the trees and most of the flowers in Israel. Another thing about Eli is that his friends can always count on¹ him.



Yoel

Yoel's bedroom, schoolbag and desk are always organized perfectly. He enjoys reading encyclopedias in his spare time. If his friends want to go out with him, they know they shouldn't wait until the last minute to make plans.



Shira

Shira is a lot of fun. Kids like her, but they don't play games with her because she hates to lose! Teachers like Shira because she is full of life and is always happy to help with projects. They can trust her to finish the job before the deadline.



Avigail

You can depend on Avigail to know why the computers aren't working or how to use the projector². She's always cheerful and fun to be with.

¹count on - לסמוך על- ²projector - מקרן

Now You're Talking!

G With a partner, compare what you read about your favorite color with what you read about your partner's favorite color. How are the explanations of the color personalities the same? How are they different? Do you agree with what you read?
Use the Useful Language to help you express yourself.

Useful Language

- According to the article ...
- Both of us ...
- You seem to be ..., but I ...

Vocabulary

A Choose the TWO correct answers.

- Henny is a good friend. She's ...
 - kind
 - messy
 - loyal
- Avi paints beautiful pictures. He's very ...
 - friendly
 - artistic
 - creative
- Don't worry! I won't be late. You can ...
 - depend on me
 - trust me
 - take chances
- My favorite color is pink. I make people feel ...
 - serious
 - safe
 - comfortable
- Some people waste too much ...
 - time
 - imagination
 - money

B Are the sentences True or False? Correct the false sentences.

- If you come **on time**, it means you are late.
- You can have a **relationship** with more than one person.
- When you say "**fortunately**," it means something good happened.
- I like Ruth because she has a wonderful **personality**.
- You can trust a friend who tells others your **secrets**.
- An **organized** person likes a messy house.

[WORKBOOK >>](#)

TIP!

Cognates

The article on pages 9-10 uses many **cognates**. A cognate is an easy word to remember because it sounds very similar to a word you already know in your language, and it has the same meaning. Cognates can help you understand what a text is about.

cognate היא מילה שקל לזכור אותה מפני שהיא נשמעת מאוד דומה למילה בעברית, ויש לה את אותה משמעות.
cognates עשויים לעזור לכם להבין על מה מדבר הטקסט.

- Find as many cognates as you can in the article on pages 9-10 and list them with their meanings in your notebook.
- Guess the meaning of the following cognates.
automatic • career • diet • digital • encyclopedia • energy • fax • intelligent
maximum • microphone • optimistic • psychologist
- Think of at least THREE cognates of your own and write them in your notebook.

Language 1 Adjectives

A Adjectives are words that make writing interesting. Adjectives describe nouns by giving more information, such as size, color, age or personality. They answer questions like *which one, what kind, or how many*.

When you use adjectives to describe people, you can give details about physical appearance or personality.

תארים הופכים את הכתיבה למעניינת. התארים הם מילים שמוסיפות מידע על שם העצם, כגון: גודל, צבע, גיל, אישיות ותכונות אחרות. בתיאור של אנשים תוכלו להתייחס למראה החיצוני או לאישיות ולתכונות שלהם, "המראה הפנימי".

*She has a **friendly** personality.*

*Daniel is always **loyal**.*

B Look at the adjectives below. Which adjectives can you use to describe someone's physical appearance? Which adjectives can you use to describe someone's personality? Add **FOUR** more adjectives to each category.

black • bright • clever • creative • friendly • kind • optimistic • tall • wide • young

C Write **TWO** sentences to describe your brother's/sister's physical appearance and **FOUR** sentences to describe his/her personality. In each sentence, use a different **ADJECTIVE**.

Now You're Talking!

D Describe **ONE** of the photos below to your partner. Talk about both the physical appearance and the personality of the person in the photo. Ask your partner to guess which photo you described.

Use the Useful Language to help you express yourself.

Useful Language

- This person is ...
- She has ...
- Her ... is/are ...



WORKBOOK >>



Listening Comprehension

The Power of Color

A You are going to listen to an interview. Look at the New Words below and try to guess what the interview will talk about.

[WORKBOOK >>](#)

New Words

favorite	powerful	positive	no idea
mood	calm (adj)	make sense	luxury
expert (n)	heart	childhood	advertising
affect (v)	beat (v)	responsibility	expensive

B Look at the pictures below. If you had to sit in one of the rooms for a whole hour, which would you choose? Explain why. Use the New Words to help you express yourself.



1+1

affect (v)
to make a difference to something (להשפיע)

effect (n)
a change or a result (השפעה)

Now Listen

C Read the questions below. Then listen and answer the questions in your Workbook.

1. What is true about Laura Wilson?
 - a. She is an artist.
 - b. She is a psychologist.
 - c. She is the owner of a magazine.
2. What is "the psychology of color" about?
 - a. What helps people see colors.
 - b. How colors affect people's moods.
 - c. What your favorite color says about you.
3. According to Laura, what is true about the color red?
 - a. Red is the color of blood.
 - b. Red causes fires.
 - c. Red means danger.
4. What does Laura say about children?
 - a. Children learn new things easily.
 - b. Children also have problems.
 - c. Life is easy for children.
5. Complete the sentence.
According to Laura, the most common favorite color is
6. What is true about the color purple?
 - a. It gives people power.
 - b. It is the color of luxury.
 - c. Kings and queens do not use this color.

What About You?

D Imagine you were going to paint a classroom. What color(s) would you choose for the walls and furniture? What color(s) would you make sure not to use? Explain your choices according to the information in the interview.

Language 2 Present Simple Review

- A** We use the Present Simple to talk about: אנו משתמשים בהווה פשוט כדי לדבר על:
1. facts and ideas that are usually true. עובדות ואמיתות כלליות.
*Colors **affect** people's moods.*
 2. habits and repeated actions in the present. הרגלים ופעולות שחוזרים על עצמם בהווה.
*"Yellow" people **wear** nice clothes.*
 3. unchanging situations, emotions and wishes (stative verbs). מצבים סטטיים, רגשות ומשאלות (פעלי מצב).
*My friend **likes** orange because it's a bright color.*
 4. fixed arrangements and timetables. תוכניות ולוחות זמנים קבועים.
*When **do** the interviews **begin**?*

Grammar Appendix – page 170

B Choose the correct answer. Follow the rules for the Present Simple.

1. When I wear yellow, I **feel / feels** happy.
2. Clouds sometimes **turn / turns** pink at sunset.
3. Mr. Levy **don't like / doesn't like** black coffee.
4. What happens when you **throw / throws** a white hat into the Red Sea? It **get / gets** wet!
5. **Do zebras have / Does zebras have** black stripes on a white body or white stripes on a black body?

C Complete the sentences with the verbs below. Use the positive, negative or question form of the Present Simple.

agree • have • like • not look at • say • try • not waste

1. The color you like ... a lot about you.
2. If you like white, you ... the negative side of things.
3. A yellow person ... to hide his feelings.
4. Red people ... a lot of energy.
5. ... you ... that people feel safe around pink people?
6. If you like brown, you ... money on things you don't need.

D Complete the dialogue with the words in brackets. Use the Present Simple. Write the answers in your notebook.

Eating a Rainbow

Ruth: It says in this magazine article that people should “eat a rainbow” every day.

Eva: Eat a rainbow? What ¹ . . . “eat a rainbow” . . . (mean)?

Ruth: People ² . . . (need) lots of vitamins and minerals. When you ³ . . . (eat) foods that are in different colors, they ⁴ . . . (give) you everything you need.

Eva: I ⁵ . . . (not understand).

Ruth: Well, ⁶ . . . (you like) carrots?

Eva: Yes, very much.

Ruth: OK, carrots are orange, and they ⁷ . . . (have) a lot of vitamin A. We ⁸ . . . (get) vitamin B from yellow corn, vitamin C from red strawberries, vitamin D from white milk, vitamin E from green broccoli, and vitamin K from purple grapes. All these colors ⁹ . . . (make) a rainbow.

Eva: What about brown? ¹⁰ . . . (you know) of any brown foods?

Ruth: Hmm . . . yes! Chocolate is brown!

Eva: And what ¹¹ . . . chocolate . . . (give) us?

Ruth: Well, it has some important minerals, such as iron. But with all that sugar and fat, I ¹² . . . (not think) it's a good idea to eat too much of it!

Now You're Talking!

E Discuss the following questions with your partner.

- What color(s) do you wear most often? Why?
- What color(s) do you like to wear to weddings? Why?
- What color(s) do you like to see in your room? Why?

Use the Useful Language to help you express yourself.

Useful Language

- Usually, I wear ...
- I prefer ...
- I especially like ...

WORKBOOK >>