



Avishag Dei • Liora Arnon

WORKBOOK

# Express Yourself

Help your students  
**REACH  
HIGHER**

# Express Yourself Workbook

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## Acknowledgements

The publishers gratefully acknowledge the following for providing photographs:

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Special thanks to Perale Haftke, Rivka Eitan and Natalie Salander for their meaningful contributions to this book.

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Website: www.reachhigher.co.il

Business hours: Sun -Thurs • 09:00-15:00

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Published in Israel

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## Unit

## 1

Let Your Colors  
Shine Through

## Part A | What Your Favorite Color Says About You

## New Words

STUDENT'S BOOK | PAGE 9 EXERCISE B

**A** Write each English word next to its Hebrew meaning. If you do this correctly, the words will be listed in alphabetical order.

כיתבו כל אחת מהמילים שלמטה ליד הפירוש שלה. אם תעשו זאת נכון, המילים יופיעו לפי סדר האלפבית.

connect	cheerful	both ... and	artistic	loyal
key (n)	creative	comfortable	fortunately	imagination
messy	kind (adj)	friendly	depend on	

1. אומנותי \_\_\_\_\_
2. גם ... וגם \_\_\_\_\_
3. עליז \_\_\_\_\_
4. נוח \_\_\_\_\_
5. לקשר, לחבר \_\_\_\_\_
6. יצירתי \_\_\_\_\_
7. להיות תלוי ב..., להסתמך על \_\_\_\_\_
8. למרבה המזל \_\_\_\_\_
9. חברותי \_\_\_\_\_
10. דמיון \_\_\_\_\_
11. מפתח \_\_\_\_\_
12. טוב לב, אדיב \_\_\_\_\_
13. נאמן \_\_\_\_\_
14. מבולגן \_\_\_\_\_



personality	worry (v)	relationship	waste time	organized
situation	safe (adj)	trust (v)	serious	
neat	on time	secret (n)	take chances	

15. נקי, מסודר \_\_\_\_\_
16. בזמן \_\_\_\_\_
17. מאורגן \_\_\_\_\_
18. אישיות \_\_\_\_\_
19. מערכת יחסים, קשר \_\_\_\_\_
20. בטוח, מוגן \_\_\_\_\_
21. סוד \_\_\_\_\_
22. רציני \_\_\_\_\_
23. מצב, סיטואציה \_\_\_\_\_
24. לקחת סיכונים \_\_\_\_\_
25. לבטוח \_\_\_\_\_
26. לבזבז זמן \_\_\_\_\_
27. לדאוג \_\_\_\_\_

## Vocabulary

AFTER STUDENT'S BOOK | PAGE 12 EXERCISE B

### B Circle the correct answers to show that you understand the words in bold.

הקיפו את התשובות הנכונות כדי להראות שהינכם מבינים את המילים המודגשות.

1. Which two people are usually **artistic**?  
 a. A policeman and a guard.                      b. A chef and a musician.
2. When is a room **messy**?  
 a. When the clothes are on the floor.                      b. When the clothes are in place.
3. What does it mean to be **creative**?  
 a. To finish things quickly.                      b. To make new or artistic things.
4. What **depends on** water?  
 a. Flowers.                      b. Personality.
5. When do children feel **safe**?  
 a. When they are alone at night.                      b. When they are with their parents.
6. Why did the man **worry**?  
 a. He lost some money.                      b. He found the money that he lost.
7. Your friend told you a **secret**. What should you do?  
 a. Tell it to everyone.                      b. Don't tell it to anyone.

**C** Circle the TWO words that can follow each word in bold.

הקיפו את שתי מילים שיכולות להתאים לכל מילה מודגשת.

1. **messy**: notebook • key • house
2. **friendly**: personality • animal • table
3. **artistic**: sun • girl • work
4. **comfortable**: book • sofa • shoes
5. **loyal**: friend • secret • worker

**D** Complete the crossword puzzle. Use the words below. There is ONE extra word.

השלימו את התשבץ. השתמשו במילים שלמטה. ישנה מילה אחת מיותרת.

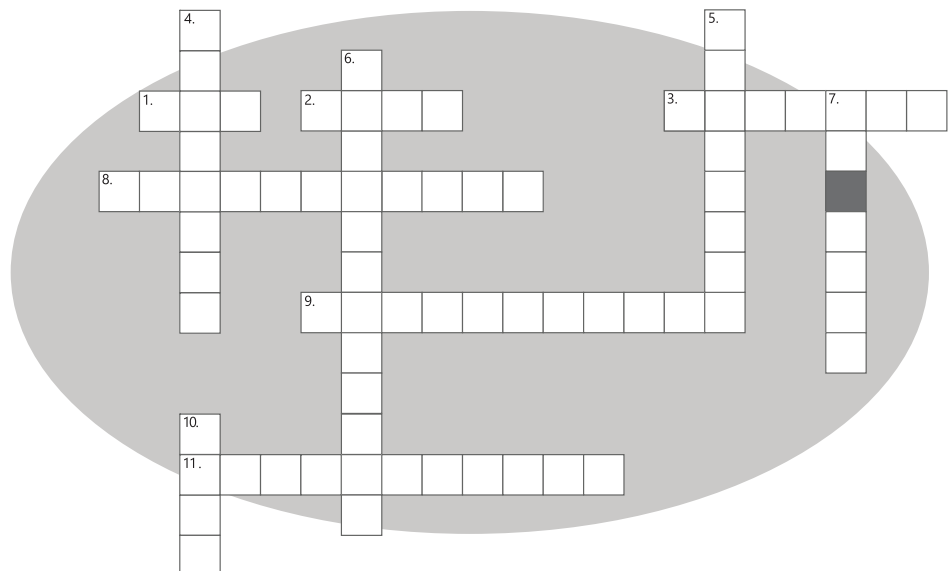
cheerful	creative	imagination	kind	on time	relationship
comfortable	fortunately	key	neat	serious	worry

**Across →**

1. She tried to open the door with the wrong .....
2. Her room is very ..... because she cleans it every day.
3. Our boss is a ..... person. He doesn't smile a lot.
8. I was late, but ..... , the meeting didn't start on time.
9. My bed is so ..... that it's hard to get out of it in the morning!
11. My brother has a great ..... . He makes up such interesting stories.

**Down ↓**

4. Mrs. Cohen is a ..... person. She is always smiling.
5. She makes bags from old shirts. She is very ..... .
6. They are very close friends. They enjoy a great ..... .
7. My teacher doesn't like it when we aren't ..... for class.
10. It's important to be ..... to other people.



**E** Complete the following sentences in a logical way. השלימו את המשפטים הבאים באופן הגיוני.

1. I am not sure I will come. It **depends on** .....
2. When my desk isn't **neat**, I .....
3. When I am **organized**, I .....
4. **Both** my friend **and** I .....
5. People who are not afraid to **take chances** .....
6. A person with a cheerful **personality** usually .....
7. My mother tells me not to **waste time** on .....
8. Because he is such a **loyal** worker, .....
9. I sometimes **worry** about .....
10. If you **trust** a person, .....

**F** 1. Circle the correct answers to complete the passage.

הקיפו את התשובות הנכונות כדי להשלים את הקטע.

## The Power of Color

When you are in a yellow place, you feel happier. Do you <sup>1</sup> **connect / take chances** that happy feeling to the color that you see? Yes, colors can affect your mood. Orange and yellow are happy colors that make you feel <sup>2</sup> **messy / cheerful**. Blue and green help you relax. Red is a warm color. It can make you be <sup>3</sup> **organized / kind** to other people. This information can help in different <sup>4</sup> **situations / secrets**. It can be used in hospitals or schools. In addition, the colors you choose also say a lot about your own <sup>5</sup> **imagination / personality**. If you like yellow, you are a <sup>6</sup> **friendly / neat** person who likes to be around people. If you like blue, you are usually quiet and more <sup>7</sup> **serious / fortunately**.

Come and learn the <sup>8</sup> **secrets / imagination** of colors. It can change your life for the better.



2. Answer the questions.

ענו על השאלות.

- What color helps *you* relax?

.....

- What color makes *you* nervous?

.....

**G** Look at the pictures and answer the questions. In each answer, use **ONE** of the words below. There is **ONE** extra word.

התבוננו בתמונות וענו על השאלות. בכל תשובה השתמשו באחת מהמילים שלמטה. ישנה מילה אחת מיותרת.

both ... and connect	fortunately imagination	on time organized	safe situation	take a chance trust
-------------------------	----------------------------	----------------------	-------------------	------------------------

1. Why is the boy running?

.....

2. Why is the boy wearing a helmet (קסדה)?

.....

3. What should you do with the microphone wire (כבל)?

.....

4. Why is the girl telling her friend a secret?

.....

5. Why is this room a good place to study for tests?

.....

6. Is this game good for boys or for girls?

.....

7. What helped the girl draw such a beautiful picture?

.....

8. Why isn't the man getting wet (נרטב)?

.....

9. What can you understand about the boy in the picture?

.....



## Language 1 Adjectives

AFTER STUDENT'S BOOK | PAGE 13 EXERCISE D

**A** Circle **TWO** nouns that can follow each adjective.

הקיפו שני שמות עצם המתאימים לכל תואר.

- exciting:** news • activity • problem
- large:** garden • day • classroom
- serious:** pen • book • situation
- helpful:** tip • idea • city
- dangerous:** picture • place • animal
- kind:** key • woman • word
- organized:** notebook • person • air

**B Complete each sentence with the adjectives below.**

השלימו את המשפטים עם התארים שלמטה.

clever	colorful	creative	friendly	optimistic	thin	young
--------	----------	----------	----------	------------	------	-------

1. She doesn't like to wear black. All her clothes are .....
2. My parents are very ..... people. They always tell us not to worry.
3. Netanel is so ..... . He has many interesting ideas.
4. Jackie likes to talk to people. He is very .....
5. He is too ..... to cross the street by himself.
6. When you need advice, ask someone who is .....
7. His face is long and .....

**C Write TWO adjectives to describe the following people. (Use only adjectives with a positive meaning.)**

כיתבו שני תארים כדי לתאר את האנשים הבאים. (השתמשו רק בתארים בעלי משמעות חיובית.)

your uncle	your teacher	a baby you know	your mother
.....	.....	.....	.....
.....	.....	.....	.....

**D Add an adjective to each sentence. Make sure not to use the same adjective twice.**

הוסיפו תואר לכל משפט. שימו לב לא להשתמש פעמיים באותו תואר.

1. Yael takes pictures.  
.....  
*Yael takes **amazing** pictures.*
2. I love my sister.  
.....
3. I have many friends.  
.....
4. Mr. Katz writes books.  
.....
5. Mr. Levi is a boss.  
.....
6. My friend likes to listen to music.  
.....
7. She has ideas.  
.....
8. Shira and Rivka are students.  
.....

- E** Describe the girl in the picture. Write **THREE** sentences. In each sentence, use at least **ONE** adjective.

תארו את הילדה שבתמונה. כיתבו שלושה משפטים. בכל משפט, השתמשו בתואר אחד לפחות.



1. ....
2. ....
3. ....



## The Power of Color

### New Words

STUDENT'S BOOK | PAGE 14 EXERCISE A

- A** Write each English word next to its Hebrew meaning. If you do this correctly, the words will be listed in alphabetical order.

כיתבו כל אחת מהמילים שלמטה ליד הפירוש שלה. אם תעשו זאת נכון, המילים יופיעו לפי סדר האלפבית.

favorite	affect (v)	beat (v)	advertising
expert (n)	calm (adj)	childhood	expensive

1. פרסום
2. להשפיע
3. לפעום
4. רגוע
5. ילדות
6. יקר
7. מומחה
8. מועדף



mood  
responsibility

powerful  
make sense

heart  
positive

luxury  
no idea

9. לב

10. מותרות

11. להתקבל על הדעת, להיות הגיוני

12. מצב רוח

13. אין (לי) חושג

14. חיובי

15. עוצמתי, חזק

16. אחריות



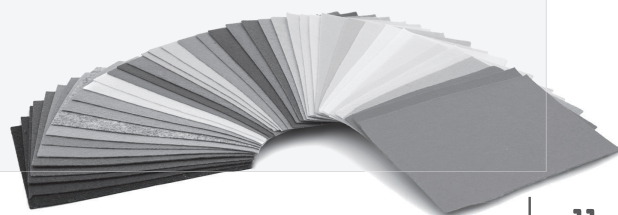
## Now Listen

### B Read the questions. Then listen to the interview and answer the questions.

קראו את השאלות. לאחר מכן האזינו לראיון וענו על השאלות.

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.



**C** Which pairs of words have similar meanings? Which pairs of words have different meanings? Write S (similar) or D (different).

לאילו צמדי מילים יש משמעות דומה? לאילו צמדי מילים יש משמעות שונה? כיתבו S למשמעות דומה ו-D למשמעות שונה.

1. luxury simple
2. powerful strong
3. calm relaxed
4. beat stop
5. positive good
6. childhood old age
7. affect change

**D** Circle the correct answers.

הקיפו את התשובות הנכונות.

1. I can't buy this camera because it's too . . . .  
a. powerful                      b. expensive                      c. calm
2. What do you remember from your . . . ?  
a. heart                      b. mood                      c. childhood
3. It is a great . . . to be a parent.  
a. advertising                      b. responsibility                      c. mood
4. To be . . . , you need to know a lot about something.  
a. a childhood                      b. an expert                      c. a heart
5. Businesses spend a lot of money on . . . .  
a. advertising                      b. childhood                      c. responsibility
6. She has a big . . . . She loves to help others.  
a. luxury                      b. expert                      c. heart
7. Many years ago, a telephone at home was . . . .  
a. a luxury                      b. safe                      c. favorite
8. I have . . . where I put my glasses.  
a. positive                      b. make sense                      c. no idea

**E Give an example of each of the following.**

תנו דוגמה לכל אחד מהדברים הבאים.

1. your **favorite** food  
.....
2. a way to change your **mood**  
.....
3. a famous health **expert**  
.....
4. something that is good for your **heart**  
.....
5. **positive** feedback you got from a teacher  
.....
6. a sentence that doesn't **make sense**  
.....
7. a reason for **advertising**  
.....
8. a game you played during your **childhood**  
.....

**F 1. Complete the questions using the words below. There is ONE extra word.**

השלימו את השאלות בעזרת המילים שלמטה. ישנה מילה אחת מיותרת.

advertising	beat	expensive	mood	responsibilities
affect	childhood	make sense	positive	

1. Does it ..... to use four cups of sugar in a cake?
2. What ..... should children have at home?
3. Why might someone be in a bad ..... ?
4. How does a sad story ..... you?
5. Why are exotic fruits very ..... ?
6. What special event do you remember from your ..... ?
7. When does your heart ..... fast?
8. When did you hope for a ..... answer?

**2. Answer THREE of the above questions.**

ענו על שלוש מהשאלות שלמעלה.

.....

.....

.....

**G** 1. Complete the dialogue using the words below. There is **ONE** extra word.

השלימו את הדו-שיח בעזרת המילים שלמטה. ישנה מילה אחת מיותרת.

affect      beat      calm      favorite      makes sense      no idea      powerful

**Ruth:** Judy, my parents are going to paint my room, and they said I can choose the color of the paint. What color do you think I should choose?

**Judy:** I have <sup>1</sup> ..... ! What's your <sup>2</sup> ..... color?

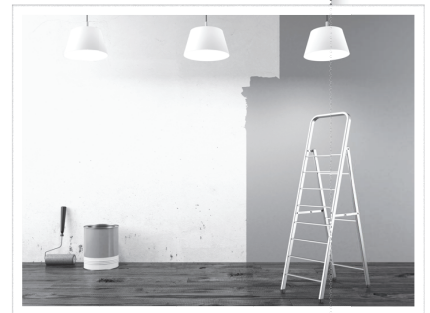
**Ruth:** I love red, but I know that colors can <sup>3</sup> ..... how we feel, so I want to choose a color that will make me feel good.

**Judy:** It's true. Colors are really <sup>4</sup> .....  
What about purple for your room? It's the color of kings and queens.

**Ruth:** That's probably not the right color for me. I don't feel like a king or queen.

**Judy:** You're right. That <sup>5</sup> ..... What about blue?

**Ruth:** Oh, that's a good idea. Blue makes me feel <sup>6</sup> ..... Thank you!



2. What color would *you* use to paint the walls of your room? Explain why.

באיזה צבע הייתם משתמשים כדי לצבוע את קירות חדרכם? הסבירו מדוע.

.....

.....

**H** Use your imagination and write **THREE** sentences about the picture. In each sentence, use **ONE** of the words below.

השתמשו בדימיונכם וכיתבו שלושה משפטים הקשורים לתמונה. בכל משפט, השתמשו מאחת מהמילים שלמטה.

advertising      affect      expensive      favorite      luxury

1. ....
2. ....
3. ....



**A** Add a time expression to complete each sentence. Make the sentences true for you. You may use the time expressions below.

הוסיפו ביטוי זמן על מנת להשלים כל משפט. השלימו את המשפטים כך שיהיו נכונים לגביכם. תוכלו להשתמש בביטויי הזמן שלמטה.

always every day	never often	once a week once a year	rarely three times a week	twice a year usually
---------------------	----------------	----------------------------	------------------------------	-------------------------

1. We learn English .....
2. It ..... snows in my city.
3. I ..... read books.
4. I ..... exercise.
5. We go on a school trip .....
6. We buy milk and bread .....
7. My parents ..... eat falafel.

**TIP!**

ביטויי זמן בעלי מילה אחת יופיעו בדרך כלל בין הגוף לפועל.  
ביטויי זמן בעלי שתי מילים ומעלה יופיעו בדרך כלל בתחילת המשפט או בסופו.

**B** Circle the correct form of the verbs.

הקיפו את הצורה הנכונה של הפעלים.

1. They **want** / **wants** to join us on the trip.
2. My grandparents **don't speak** / **doesn't speak** English.
3. Roni **do** / **does** his homework every evening.
4. I often **eat** / **eats** dinner at my grandmother's house.
5. My friends never **forget** / **forgets** my birthday.
6. No, thank you. I **don't want** / **doesn't want** juice. I drink only water.
7. My friend **don't like** / **doesn't like** to listen to classical music.

**C** Complete the sentences with the verbs in brackets. Use the positive or negative form of the Present Simple.

השלימו את המשפטים עם הפעלים שבסוגריים. השתמשו בצורת החיוב או השלילה של ה-Present Simple.

1. Mr. Fine ..... (advertise) his business in this newspaper.
2. I walk to school every day. I ..... (not take) the bus.
3. When people get positive feedback, they ..... (be) happy.
4. My parents ..... (believe) in me. They are sure I can succeed.
5. Miriam ..... (organize) her schoolbag every evening.
6. Mr. Jones works very hard. He ..... (not like) to waste time.
7. My mother usually ..... (wake) me up at 7:00 am.
8. The students arrive on time every morning. They ..... (not want) to be late.

- D** You are giving an interview for your school newspaper. Answer the questions logically in the Present Simple using the verbs in bold.

הינכם מרואיינים לעיתון הבית סיפרי. ענו על השאלות באופן הגיוני. השתמשו ב-Present Simple ובפעלים המודגשים.

## Your School

**Interviewer:** When does your first class **start** every day?

**You:** 1. My first class **starts** at 9:00.....

**Interviewer:** What do you usually **eat** at school?

**You:** 2. ....

**Interviewer:** What subject do most of your friends **like**?

**You:** 3. ....

**Interviewer:** What subject do you **need** help with?

**You:** 4. ....

**Interviewer:** What does your teacher **say** when you do well on a test?

**You:** 5. ....

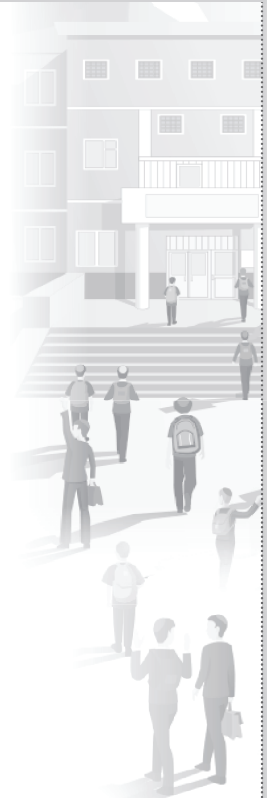
**Interviewer:** When don't you and your friends **go** to school?

**You:** 6. ....

**Interviewer:** Do you **like** school? Explain why or why not.

**You:** 7. ....

**Interviewer:** Thank you for answering my questions. Have a good day.



- E** 1. Use the words below to write questions for an interview about colors. Use the Present Simple.

השתמשו במילים שלמטה וכתבו שאלות לראיון בנושא צבעים. השתמשו ב-Present Simple.

## COLOR INTERVIEW

1. what color / you / like best?

.....

2. what color / you / wear very often?

.....

3. how / you / feel / when you see the color black?

.....

4. what color / your sister / like best?

.....

5. how / colors / affect / your mood?

.....





2. Add TWO questions about colors that you would like to ask your friend.

הוסיפו שתי שאלות בנושא צבעים שהייתם רוצים לשאול את חברכם.

1. ....

2. ....

**F** Write THREE sentences about each of the pictures. Use the positive, negative and question forms of the Present Simple. Use the words below.

כיתבו שלושה משפטים לגבי כל אחת מהתמונות. השתמשו בצורת החיוב, השלילה והשאלה של ה-Present Simple. השתמשו במילים שלמטה.

buy prepared food  
cook at home

like to prepare food  
make gourmet food

taste the food  
wash the dishes

1. ....

.....

2. ....

.....

3. ....

.....



Mrs. Karmel, chef

have time to meet friends  
read aloud

study  
try to focus

waste time  
understand the material

1. ....

.....

2. ....

.....

3. ....

.....



Michal, student

## Independent Reading

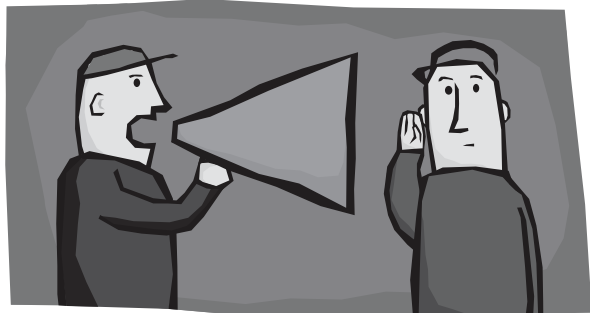
**A** Read the article.

קראו את המאמר.

### A New Understanding

When Thomas Ericsson was in high school, he noticed something interesting: He worked well with some people, but he couldn't manage to work well with others. It was easy to talk with some people, but with other people, nothing worked. Whenever he tried to talk to them, they looked at him as if he were from another world! They weren't interested in whatever he said, and he couldn't understand why. *What's wrong?* he asked himself. *Why is it so hard to communicate<sup>1</sup> with these people?*

After a while, Ericsson finally found the answer to his question: He realized that it is easier for two people to communicate with each other when they have the same<sup>2</sup> kind of personality. And the secret that made it easier to communicate with other people was to understand their personalities. After Ericsson found this answer, his relationships with other people changed. He became a better friend, worker and father. He saw for himself how helpful it is to understand different personalities.



Today, Ericsson is a personality expert, and he teaches people all over the world about four different kinds of personalities: Red people are powerful leaders<sup>3</sup> who can't just sit quietly all day long. In other words, they like to start big projects and do great things. Yellow people are creative, friendly and cheerful. Green people don't like to talk about their feelings, but they are kind, and they are good listeners. They like it when things don't change. Blue people are calm, and they pay attention to details<sup>4</sup>.

Of course, learning about the four kinds of personalities lets people understand themselves better, but it also helps people communicate better. That's because it's important to communicate with each personality in a different way. In his book, Ericsson gives advice on how to communicate with each kind of person. His ideas have a great effect, especially on groups of people who must work together. Thanks to Ericsson, workers in many businesses now connect better with each other.

<sup>1</sup>communicate - לתקשר

<sup>2</sup>the same - אותו (הדבר)

<sup>3</sup>leaders - מנהיגים

<sup>4</sup>details - פרטים

**B Answer the following questions about the article.**

ענו על השאלות הבאות לפי המאמר.

1. What do we learn about Ericsson in lines 1-6?
  - a. He worked well with everybody.
  - b. When he spoke, some people weren't interested.
  - c. He was from another world.
2. Copy a sentence from lines 7-16 that shows that you can communicate better with a person who has the same personality as you have.  
.....
3. How did Ericsson improve after he found the answer to his question? Name ONE thing. (lines 7-16)  
.....
4. Which kind of personality does each sentence describe? (lines 17-22)
  - a. They never tell you that they are sad. ....
  - b. They are very happy people. ....
  - c. They are often bosses. ....
5. What should people do if they want to communicate better with other people? (lines 23-27)  
.....
6. Why do the people appreciate Ericsson? (lines 23-27)
  - a. He helps them get a better understanding of difficult situations.
  - b. He gives good advice on how to change personalities.
  - c. His ideas show them how to work better with each other.

### What About You?

7. Do you think Ericsson's ideas could help *you* in some way? Explain your answer.

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