

Zadanie 4. (0-3)

Przeczytaj tekst. Uzupełnij zdania wpisując swoje odpowiedzi w luki. 4.1.-4.3. zgodnie z treścią tekstu. Luki należy uzupełnić w języku angielskim.

If you're looking for some unusual ways to deal with stress before exams, aromatherapy and drawing are two options you can try. Experts say that scents like lavender, chamomile and peppermint can have a very calming effect on the mind. You can use essential oils or burn scented candles in your room or study area. What is more, it is said that drawing can also help you relax and clear your mind. It doesn't matter if you can't draw. Also, it's not important what it is that you draw. Just grab a pencil and a piece of paper and start drawing whatever comes to your mind.

Give these methods a go and see if they work for you.

Text generated and adapted from: chat.openai.com

According to the text:

4.1. aromatherapy and drawing can help to _____ .

4.2. one example of scents that can help you calm down is _____ .

4.3. drawing can help you relax even if you _____ .

Zadanie 5. (0-3)

Uzupełnij dialogi. Wpisz w każdą lukę (5.1.-5.3.) brakujący fragment wypowiedzi, tak aby otrzymać spójny i logiczny tekst. Luki należy uzupełnić w języku angielskim. **Uwaga!** W każdą lukę możesz wpisać **maksymalnie trzy wyrazy**.

X: Happy anniversary, Olivia!

Y: 5.1. _____ so much, Chris!

X: Do you have any plans for this weekend, Tom?

Y: Yes, I do. I'm going to the cinema on Saturday afternoon. Would 5.2. _____ to join me?

X: Of course. Thanks, Tom.

X: Excuse me, where was this bag produced?

Y: I 5.3. _____ sure. Hang on a minute. Let me check the label.

X: Sure, I'll wait.

Mój wynik: __ / 6

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If you're looking for some unusual ways to deal with stress before exams, aromatherapy and drawing are two options you can try. Experts say that scents like lavender, chamomile and peppermint can have a very calming effect on the mind. You can use essential oils or burn scented candles in your room or study area. What is more, it is said that drawing can also help you relax and clear your mind. It doesn't matter if you can't draw. Also, it's not important what it is that you draw. Just grab a pencil and a piece of paper and start drawing whatever comes to your mind.

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According to the text:

- 4.1. aromatherapy and drawing can help to **deal with / reduce stress before exams** .
- 4.2. one example of scents that can help you calm down is **lavender / chamomile / peppermint** .
- 4.3. drawing can help you relax even if you **can't draw** .

Zadanie 5. (0-3)

Uzupełnij dialogi. Wpisz w każdą lukę (5.1.-5.3.) brakujący fragment wypowiedzi, tak aby otrzymać spójny i logiczny tekst. Luki należy uzupełnić w języku angielskim. **Uwaga!** W każdą lukę możesz wpisać **maksymalnie trzy wyrazy**.

X: Happy anniversary, Olivia!

Y: 5.1. **Thanks / Thank you** so much, Chris!

X: Do you have any plans for this weekend, Tom?

Y: Yes, I do. I'm going to the cinema on Saturday afternoon. Would 5.2. **you like** to join me?

X: Of course. Thanks, Tom.

X: Excuse me, where was this bag produced?

Y: I 5.3. **am not** sure. Hang on a minute. Let me check the label.

X: Sure, I'll wait.