

NAME: _____

DATE: _____

Test-Taking Skills Booster**Unit 5****READING COMPLETION**

Read the selection. Choose the word or phrase that best completes each statement.

Laughter Yoga

The principle of Laughter Yoga is that you cannot be physically stressed and mentally relaxed at the same time. (1) most forms of Yoga include body positions and exercises, Laughter Yoga is based on the physical activity of laughing, which relaxes the body and mind. Proponents of Laughter Yoga (2) that it permits us to be more aware of the present (3) dwelling on the past or worrying about the future. In short, it enables us to simply be.

Some (4) that Laughter Yoga can be considered a new form of exercise. (5) its proponents, it's a kind of internal jogging. Anyone can do it because, they say, everybody knows how to laugh. It is not necessary to tell jokes, have a sense of (6) , or be happy in order to laugh. In fact, practitioners of Laughter Yoga are invited to "laugh for no reason," faking the laughter until it becomes real. It is (7) that the physical action of laughing brings oxygen and certain body chemicals such as hormones to the body and the brain, thus fostering (8) feelings and improving interpersonal skills. (9) Laughter Yoga is practiced in groups, people leave each session laughing and feeling (10) to each other. Believers in Laughter Yoga (11) contend it can contribute to world peace. They say, "World peace first starts inside every one of us. We don't laugh because we are happy. We are happy because we laugh."

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|----------------------------|-----------------------|----------------------|-----------------------|
| 1. A Until | B While | C Whether | D If |
| 2. A continue | B complain | C assert | D admit |
| 3. A in addition to | B instead of | C in favor of | D along with |
| 4. A tell | B ask | C claim | D wonder |
| 5. A Even if | B Whenever | C Although | D According to |
| 6. A anger | B humor | C happiness | D knowledge |
| 7. A argued | B disputed | C required | D intended |
| 8. A negative | B hopeless | C lucky | D positive |
| 9. A Since | B All the same | C Even if | D Until |

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10. A separate B connected C different D annoyed
11. A however B nevertheless C therefore D besides

LISTENING COMPLETION

You will hear a conversation. Read the paragraph below. Then listen and complete each statement with the word or short phrase you hear in the story. Listen a second time to check your work.

Sylvie is really embarrassed about something, so David, asks her what (1) It seems that no one (2) when she told a joke French people typically tell about (3) She can't figure out why everyone seemed to (4) the joke personally. David tries to explain that in the U.S. it's (5) uncool to make a joke about a particular (6) , ethnic group, or religion. Sylvie expresses surprise that Americans are so politically (7) She then compares attitudes about jokes in France and the U.S., and she wonders why people in the U.S. are so (8) She explains that French people find (9) jokes to be normal and par for the course. David explains that Americans also make jokes about themselves, but are less willing to laugh when the joke comes from an (10)