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Groupe scolaire

Academic Year: 2018 / 2019
English Exam N°2
Duration: 2 hours

Level: 2nd Year Baccalaureate
Student's name: ……
Class: ……..

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(1) Sure, it is fun to share a good laugh.But did you know it can actually improve your health?It is true laughter is a strong medicine .It draws people together in ways that trigger healthy,physical and emotional changes in the body.Laughter not only strengthens your immune system,boosts mood ,diminishes pain, but protects you from the damaging effects of stress as well . As children ,we used to laugh hundreds of times a day ,but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humour and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness-and even add years to your life.

(2) Laughter is a powerful antidote to stress,pain, and conflict.Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hopes ,connects you to others ,and keeps you grounded and alert.It also helps to release anger and be more forgiving.With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems ,enhancing your relationships, and supporting both physical and emotional health. Best of all,this priceless medicine is fun ,free and easy to use.



(3) Laughter is your birth right ,a natural part of life that is innate .Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Though you did not grow up in a household where laughter was frequently used ,you can learn to laugh at any stage of life.Begin by setting aside special times to seek out humour and laughter ,as you might with working out for instance ,and then you can build from there.Eventually,you will want to incorporate humour and laughter into the fabric of your life ,finding it naturally in everything you do.

(4) An essential ingredient for developing your sense of humour is to learn not to take yourself too seriously and laugh at your own mistakes and foibles .It goes without saying that we all do foolish things from time to time .Instead of feeling embarrassed or defensive ,embrace your imperfections. While some events in life are clearly sad and since the opportunities for laughter are rare,most people tend to carry an overwhelming sense of either sadness or delight. They fall into the gray zone of ordinary life –giving themselves the choice to laugh or not. So,you 'd better choose to laugh whenever you can.

(5) Indeed, the ability to laugh,play and have fun with others not only makes life more enjoyable but also helps you solve problems, connect with others ,and be more creative.People who incorporate humour and play into their daily lives find that it renews them and all of their relationships .Life brings challenges that can either get the best of you or become playthings for your imagination.When ''you become the problem'' and take yourself too seriously ,it can be hard to think outside the box and find new solutions .On the contrary, when you play with the problem, you can often transform it into an opportunity for creative learning.Playing with problems seems to come naturally to children .When they are confused or afraid ,they deal with their problems playfully.That will undoubtedly give them a sense of control and an opportunity to experiment with new solutions. Interacting with others in playful ways helps you retain this creative ability.

(6) After all,as laughter and play become an integrated part of your life;your creativity will flourish and new opportunities for laughing with friends,coworkers, acquaintances,and loved ones will occur to you daily.Laughter takes you to a higher place where you can view the world from a more relaxed positive ,and joyful perspective.

Adapted from:helpguide.org

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I-COMPREHENSION (15 P0INTS)

A-ANSWER THESE QUESTIONS. (3pts)

1-List some of the positive emotional and physical effects laughter has on people's bodies……

……

2-What should people do to enhance their sense of humour?……

……

3-How does playing with problems affect children?……

……

B-ARE THESE SENTENCES TRUE OR FALSE? JUSTIFY. (3pts)

1-Adults use laughter as frequently as children……

……

2-A good laugh is the best way that brings minds and bodies into equilibrium……

……

3-Laughter has existed from the time people were born……

……

C-COMPLETE THESE SENTENCES WITH IDEAS FROM THE TEXT. (3pts)

1-People can learn to laugh at any period of life even……

……

2-Being able to laugh and have fun with others makes life more enjoyable .Besides,……

……

3-Laughter allows ……from an optimistic angle.

D-FIND IN THE TEXT WORDS THAT MEAN THE SAME AS: (3pts)

1-Cause to happen (parag1) ……

2-reserving (parag3) ……

3-people we know (parag6) ……

E-WHAT DO THE UNDERLINED WORDS IN THE TEXT REFER TO? (3pts)

1-you (parag 1):……

2-they (parag 4) ……

3-it (parag 5) ……

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II-LANGUAGE (15 POINTS)

A-WRITE THE VERBS BETWEEN BRACKETS IN THE CORRECT FORM (3pts)

1-Our teacher has finally agreed (put off)……..the exam until next week.

2-Salma is making studious efforts to pass her final exams. She looks forward to (join)……a reputed university.

3-I do not feel good today. I would rather stay in than (go out)……

B-PUT THE VERBS BETWEEN BRACKETS IN THE RIGHT TENSE. (3pts)

1-I (text)…….. my e-pal five times so far this week.

2-The kids (do)……..their homework when the light went out.

3-Look at that cat! It (chase)……..a mouse.

C-FILL THE BLANKS WITH THE RIGHT WORD FROM THE LIST: (4pts)

jubilant vigorous aspires manages mimes tricks fun impressions

1-Marwane is a very ambitious little boy. He ……to be a pilot when he grows up.

2-The kids were…….They did not get tired though they had been playing and running the whole day.

3-April the 1st is commonly believed to be a day when people play ……..on each other.

4-……..are amusing imitations of celebrities and are always considered as forms of theatrical entertainment.

D-REWRITE THE SENTENCES STARTING WITH THE WORDS GIVEN (3pts)

1-I looked for my car keys everywhere, but could not find them .I am sure I dropped them somewhere.

I must…….

2-It was not necessary for me to shop. There was plenty of food in the fridge.

I needn't ……..

3-Mr Hassan was off sick last week. It is impossible you saw him at school.

You can't ……

E-WRITE APPROPRIATE RESPONSES TO THE FOLLOWING SITUATIONS (2pts)

1-Your friend: You know what ? Nabil is not trustworthy as he never keeps his mouth zipped.

You (express lack of understanding)……..

2-You want your classmate to lend you a book on psychology.

(make a request)……

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III-WRITING (10 POINTS)

Task 1 :Complete this paragraph (4 pts)

I prefer facebook to the other social networking websites for the following reasons. First,……
……
……
……
……
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……

Task 2: Write a reply to the following e-mail (6pts)

Hello everyone,

I have an autistic son .He is an insociable person who finds it hard to socialize with other people .He finds much pleasure in being alone. His case is being aggravated .What do you advise me to do ? Please I need your help.

Worried father

November 19th,2018

Dear worried father,

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Best regards

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