



BUS BENEFITS

The letters in the following words are *mixed/scrambled*.
Put the letters in the correct order to form words related to *Buses*.

- | | | |
|-------------|------------|--------------|
| 1. tciekt | 2. ridrve | 3. hocca |
| 4. etraminl | 5. binmius | 6. agsenpser |

Use the unscrambled word and make a sentence

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Fill the gaps with the words below:

decompress chat bus routine exercise mental podcast

As I stepped onto the _____ (1), I felt a sense of relief wash over me. My daily commute was often seen as a chore, but I had learned to view it as an opportunity. I had time to myself, away from the distractions of work and home life. I could invest in my own personal growth, whether that meant listening to a _____ (2), reading a book, or simply gazing out the window.

I had developed a _____ (3) that worked for me, and it brought a sense of structure to my day. I could plan my time wisely, and make the most of my commute. Some days, I would use the time to get some _____ (4), walking or cycling to the bus stop.

The commute also gave me a chance to separate my work and personal life. I could _____ (5) on my way home, leaving the stresses of the day behind. And on my way to work, I could prepare myself for the day ahead.

I wasn't alone in my commute. I had colleagues who shared my bus ride, and we would often _____ (6) about our weekends or share stories about our lives. It brought us closer together, and we would often collaborate on projects or share ideas.

My commute wasn't just good for my productivity; it was also good for my _____ (7) health. I had time to relax, unwind, and pursue my interests.

Teacher's Key

- (1) bus
- (2) podcast
- (3) routine
- (4) exercise
- (5) decompress
- (6) chat
- (7) mental

Teacher's Key

Get in line

1. ticket
2. driver
3. coach
4. terminal
5. minibus
6. passenger

