

a Listen to the song and fill the gaps a—h in the chorus with adjectives from the box. There are two adjectives you don't need.

calm tough bad stronger kind bold cool hard loyal wiser

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Listen as your day ¹ unfolds,

Challenge what the future ¹ h_____

Try and keep your head up to the ³ sky

Lovers they may cause you	² tears
Go ahead release your ² f_	
Stand up and be counted	
Don't be ashamed to 3 c	
You gotta be	

CHORUS

You gotta be ^a _____ You gotta be ^b _____ You gotta be ^c ____ You gotta be ^e ____

You gotta be f _____

You gotta be ^g ______

You gotta be ^h _____

You gotta stay together

All I know, all I know Love will save the day

Herald what your mother $\,^4$ said

Read the books your father ⁴ r_____ Try to solve the puzzles in your own sweet time Some may have more cash than ⁵ **you**

Others take a different ⁵v_____

My oh my

CHORUS

Time asks no questions, it goes on without ⁶**you**Leaving you behind if you can't stand the ⁷**pace**The world keeps on spinning, can't stop it if you tried ⁶t_____

The best part is danger staring you in the ⁷f_____

Remember listen as your day unfolds, etc.

- **b** Look at the gaps 1–7 in the verses. Each gapped word rhymes with the **bold** word that has the same number. Try to guess the missing words. Then listen again and complete them.
- C Listen again and read the lyrics. Use the glossary to help you. The song gives advice on how to live. Match the pieces of advice 1–7 to the correct phrase(s) in the song.
 - 1 Don't let problems get you down *Try and keep your head up*
 - 2 Be prepared to suffer because of relationships
 - 3 Don't worry about showing your emotions
 - 4 Learn from your parents
 - 5 Don't be envious of people who are richer than you
 - 6 Not everybody will agree with you
 - 7 Don't waste time or you will miss opportunities

Glossary

you gotta be = you've got to be/you have to be unfold = open out

challenge what the

future holds = don't accept your fate, make your own future

release = let go

be ashamed = feel bad about

herald = say in public that something is good or important

can't stand the pace = can't go fast enough

spin = go round

stare = look at somebody/something for a long time

Song facts

This song was first recorded by Des'ree, one of the UK's most successful pop / soul singers of the 1990s. Her other big hits were *Life* and *What's your sign*?