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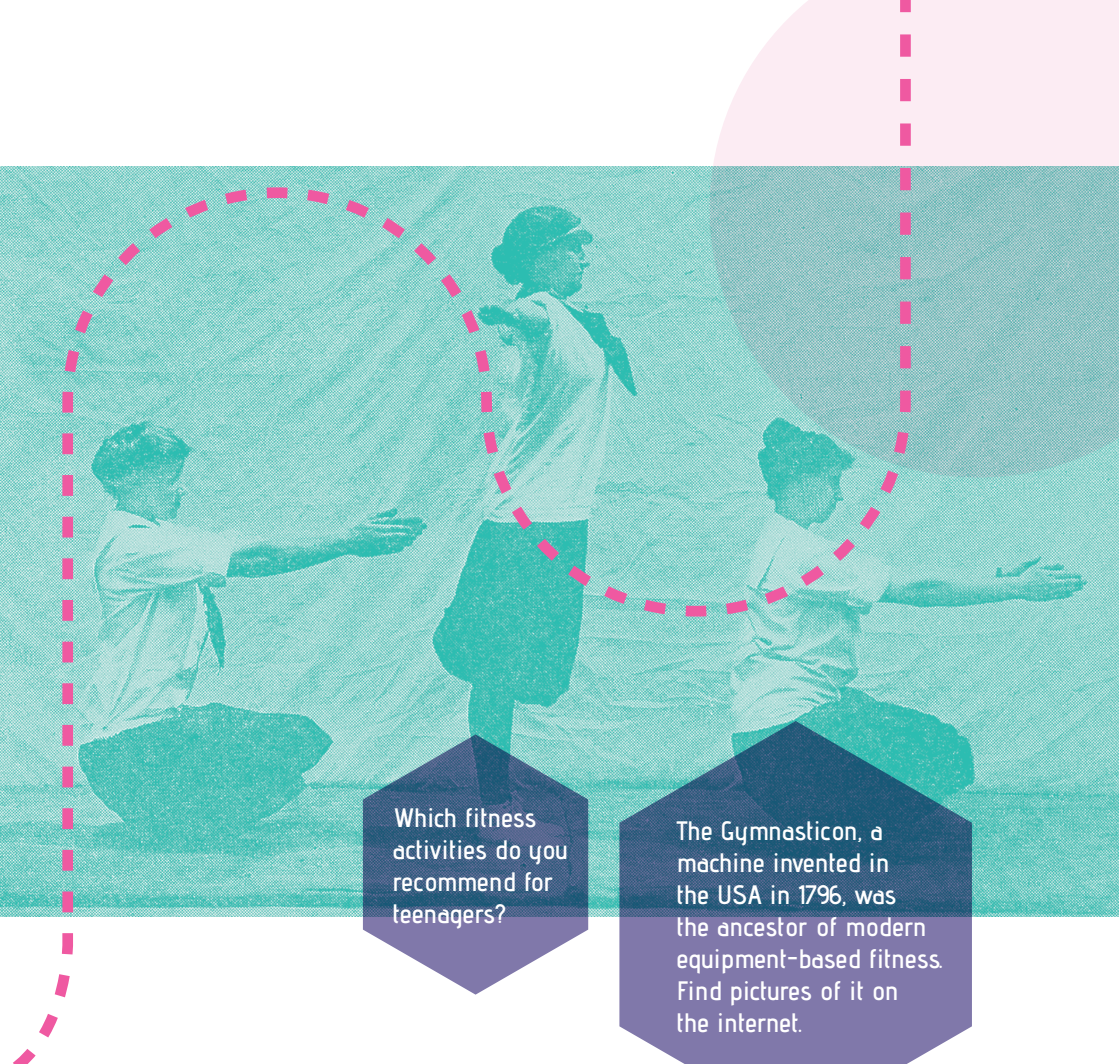




One of the themes of the book is that of physical deformity and the possibility of healing and transformation. The author's message is that illness, especially in children, can be cured by **nature, exercise and positive thinking**. Mary's transformation into a better person begins outdoors, and she learns to take care of herself and others in the natural landscape. She begins to enjoy the movements of her body when she starts walking, running, gardening and especially when she learns to skip. The same happens to Colin: he begins a new life when he accepts social interaction, decides to go outside, becomes part of a team and has a positive attitude to life. He realizes that if he thinks good thoughts, good things will happen. And this is exactly Hodgson Burnett's philosophy: a general, positive approach to life is the key to health and happiness.

# Exercise for everybody...

When Burnett wrote her book, being outdoors was considered as a 'therapy' and spending some time at the seaside was a common cure for many illnesses. But the British at that time were only just beginning to appreciate the mental and physical benefits of fresh air and regular physical exercise. The physical fitness movement in England began in the 1840s with military academies and spread to schools in the following years. In 1849 the first English athletics competition took place at the Royal Military Academy. By the end of the nineteenth century, Gymnastics became an important part of compulsory education. Exercises usually didn't require special equipment. In the book, Mary only has a skipping rope.



Which fitness activities do you recommend for teenagers?

The Gymnasticon, a machine invented in the USA in 1796, was the ancestor of modern equipment-based fitness. Find pictures of it on the internet.

## GLOSSARY

- **benefits:** good effects
- **deformity:** when a part of the body is not its normal shape
- **healing:** getting better
- **skip:** jump with a rope
- **social interaction:** being with other people
- **spread:** (here) reached; went
- **therapy:** cure; something that makes you better
- **transformation:** change

Underline all the words on these pages to do with health and getting better.

As you read the book look for references to the benefits of fresh air and physical exercise.



# The Secret Garden



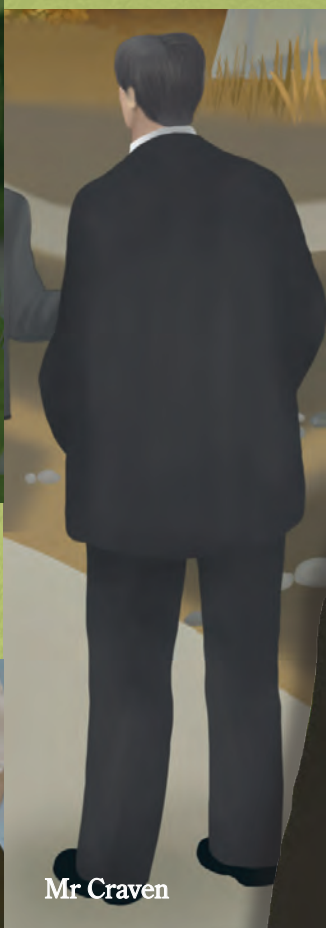
Mary Lennox



Martha



Dickon



Mr Craven



Mrs Medlock



Ben Weatherstaff

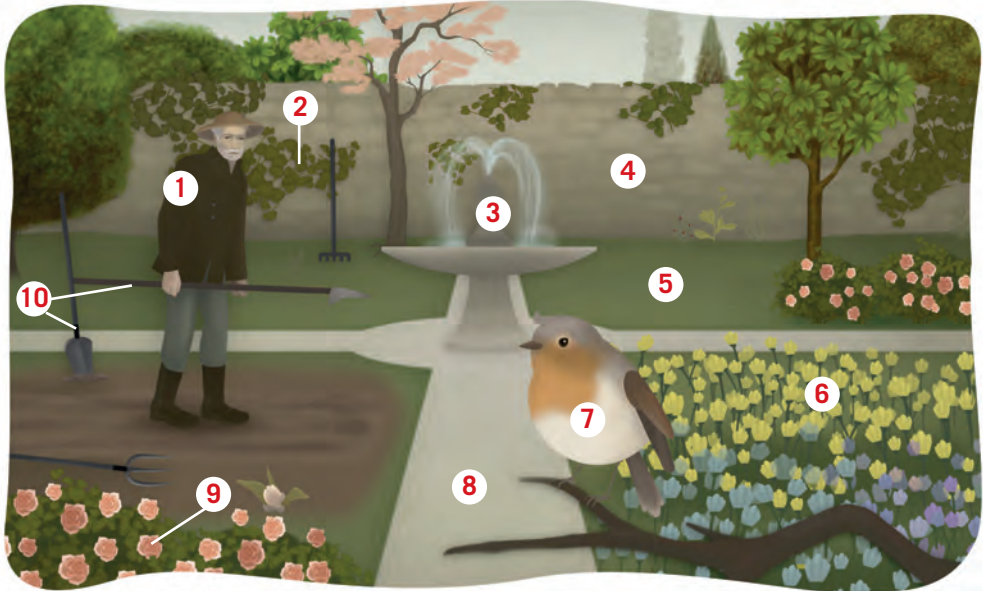


Colin Craven

## BEFORE READING

- 1 Match the words below to the numbers in the picture of the garden. Use your dictionary if necessary.**

<input type="checkbox"/> flowers	<input type="checkbox"/> fountain	<input type="checkbox"/> gardener	<input type="checkbox"/> ivy	<input type="checkbox"/> lawn
<input type="checkbox"/> path	<input type="checkbox"/> robin	<input type="checkbox"/> roses	<input type="checkbox"/> tools	<input type="checkbox"/> wall



- 2 Use some of the words in Exercise 1 to complete the sentences.**

- a** ..... often grows on a wall.
- b** In a garden, you walk along a .....
- c** A gardener uses .....
- d** A ..... is an area of grass in a garden.
- e** A ..... is a friendly little garden bird.



**3** Listen to the description of six things that grow in a garden.  
Match the words with the pictures.

**a** snowdrop

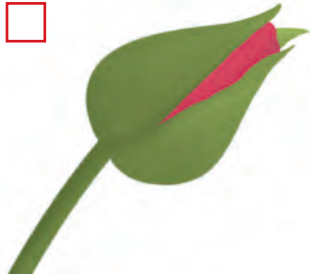
**b** crocus

**c** daffodil

**d** weeds

**e** bush

**f** bud










# Mary alone

 Mary Lennox was born in India because her father worked for the government• there. Her mother was very beautiful and she liked having fun. She wasn't interested in her daughter. So Mary spent all her time with the Indian servants•. She had an Ayah, a nurse, who looked after her. The Ayah's job was to keep the little girl away from her parents as much as possible. The Ayah gave Mary everything she wanted and the little girl became very selfish•.

Mary wasn't pretty like her mother. She had a thin face and a thin body. Her hair was yellow, and her face was yellow because she was often ill. She never smiled and she was always cross with the servants.

One day one of the servants died of cholera, a terrible disease•. The next day three more servants died. After that the others ran away.

Mary went to bed and slept for a long, long time. When she woke up the house was quiet. She called her Ayah but no-one came. She got up and looked around. She was alone. The only other living thing in the house was a little snake that looked at her with eyes like jewels•. She wasn't afraid because she knew that the snake wasn't dangerous.

## GLOSSARY

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- **disease:** illness
- **government:** people who rule a country
- **jewels:** precious stones like diamonds
- **selfish:** caring only about herself not others
- **servants:** people who work in other people's house

Then Mary heard footsteps•. She was in her room when a soldier• in uniform opened the door. The man was surprised to see a little girl there. He called to another soldier outside.

‘Barney! There’s a child here!’

He looked at Mary.

‘Who are you? What’s your name?’ he asked.

Mary thought the man was very rude•.

‘I am Mary Lennox. Why did nobody come when I called?’ she said, and she stamped her foot•.

‘Poor little girl!’ said the officer. ‘There is no-one in the house.’ He told Mary that her mother and father and Ayah were dead. It was true – there was no-one in the house, except Mary and the little snake.

## Mary

Find four words in the story so far that describe Mary.

s\_\_\_\_\_; t\_\_\_\_\_; c\_\_\_\_\_; not p\_\_\_\_\_

Write four words that describe you.

\_\_\_\_\_; \_\_\_\_\_; \_\_\_\_\_; not \_\_\_\_\_



## GLOSSARY

- **footsteps:** the sound your feet make when you walk
- **rude:** not polite
- **soldier:** someone in the army
- **stamped her foot:** banged her foot hard on the floor

## AFTER READING VOCABULARY

### 1 Complete the sentences with the past tense of the verbs in the box.

give	bury	grow	find	come
sit	cry	be	feel	fly

- a Dickon and Mary's seeds ..... and produced poppies.
- b They ..... down in a circle.
- c Colin was very cross. He ..... and screamed.
- d The bird ..... to the top of the wall and began to sing loudly.
- e The walls of the garden ..... covered with the bare stems of climbing roses.
- f Colin's father ..... his son everything he asked for.
- g Mary opened the window and ..... the warm sun on her face.
- h They thought that the garden was dead. But it ..... alive.
- i Mary followed the path and ..... herself in a walled garden.
- j Mr Craven dug a hole and ..... the key to the garden.

### 2 Circle the form that correctly completes each sentence.

- a Mrs Medlock and Mary found two empty seats on the train and they *sat* / *were sitting* down.
- b Colin *sat* / *was sitting* on the grass when Ben came through the door.
- c One evening, while he *sat* / *was sitting*, Mr Craven fell asleep and had a dream.
- d Dickon *pushed* / *was pushing* Colin's wheelchair to the garden every morning and he spent the day there.



## K A2 Key English Test Reading and Writing Part 1

1 For each question tick (✓) the correct answer (A, B or C).

**1**

*Welcome to  
Thwaite Village Garden*

This garden is for everyone to enjoy  
Please pick up your rubbish

**2**

**TOOL SALE!**

Trowels only £8  
Spades were £30,  
now only £10  
**Rakes and forks  
all half price!**

**3**

**PRIVATE  
GARDEN**

FOR RESIDENTS  
OF SNOWDROP  
AVENUE ONLY  
NO PUBLIC ACCESS

**4**

**LAMBS IN THIS AREA  
ALL DOGS ON LEADS  
KEEP TO THE FOOTPATH**

- 1 A ☐ You can volunteer to work in the garden.  
B ☐ Don't pick flowers from the garden.  
C ☐ You must not leave anything behind.
- 2 A ☐ Spades are £20 cheaper.  
B ☐ You can buy a rake for 10 pounds.  
C ☐ Trowels are 50% in the sale.
- 3 A ☐ You can't enter if you don't live in Snowdrop Avenue.  
B ☐ No one can use the garden at any time.  
C ☐ You can enter the garden through Snowdrop Avenue.
- 4 A ☐ There is a footpath to a no dog area.  
B ☐ You must keep you dog away from farm animals.  
C ☐ Watch out for sheep on the path.