

Catch and release

by Matt Simons



1. Read about the meaning of this song and answer the questions

Matt Simons said that 'Catch & Release' is "a song about the common daily struggle and how everyone's got their own way of dealing with it. Some people will go for a run, or others will listen to music etc. It's whatever your way of releasing all the tension you build over the course of any given day".

*What do you do to release the tension of the day?

* What's your favourite place to be alone and think about life? Can you draw it?

2. Fill the gaps

There's a place I _____ to
Where no _____ knows me
It's not _____
It's a necessary thing
It's a _____ I made up
Find out what I'm made _____
The _____ are stayed up
Counting stars and fighting sleep

nights	go	place
one	of	lonely

3. Choose the correct words and pronounce

Let it wash over **me/my**
Ready to lose my feet
Take me on to the place **where/when** one reviews
life's mystery
Steady on down the **lime/line**
Lose every sense of time
Take it all in and wake **up/at** that small part of me
Day to day I'm blind to see
And find how **far/for**
To go
Everybody got their reason
Everybody got their way
We're just **fishing/catching** and releasing
What builds up throughout the day
It gets into your **body/buddy**
And it flows right through your blood
We can tell each other secrets
And remember **how/who** to love
Da da dum dum dum dum dum...

/s/	/z/
mystery	lose
releasing	reason

4. Order the sentences

- ___ They can be terrifying
- ___ If I breathe real slowly
- ___ No one knows me
- ___ There's a place I'm going
- ___ Let it out and let it in
- ___ To be slowly dying
- ___ Also clarifying
- ___ The end where we begin

*Back to exercise 3

Draw yourself in your favourite place

