

13 April Fools' Day Pranks Everyone Will Remember For a Long Time

If you love kidding others and wait for April Fools' Day to do it „legally,” this article is just for you. For those who don't like pranks: read this to learn what you'd better avoid this day.

Bright Side found for you 13 rather harmless, yet funny, jokes which you can play at home, among friends, or even at work.

Caramel shower



© Movieclips/youtube.com

For this prank, you'll need caramel candies without filling. While your „victim” is still sleeping, unscrew the shower head, put a candy in it, and carefully put it back. But, please, don't do it if you know the person is allergic.

Apples with a surprise



© instructables.com/

It's hard to tell onions from apples at first sight, especially if they're covered with caramel. This is why you'd better avoid caramel apples on April Fools' Day. Yet if you want to make them yourself, you're welcome.

Aquarium in the desk



© imgur.com

Has your colleague been dreaming of an aquarium? Make their dream come true: wrap a desk drawer with waterproof film, throw some stones inside, add water, and add a toy or even a real fish...as long as you're ready to take care of them later.

„Explosive cake”



© all4tubekids/youtube.com

No explosive materials. For this cake, you'll need an empty cereal box, a balloon, adhesive tape, and a generous portion of whipped or another cream. Make a cake out of these ingredients, and ask your „victim” to cut it.

Mayo doughnuts



© blazeypress.com

If your roommates like stealing your food, April Fools' is the perfect day to break them of this habit. Buy a box of mouthwatering donuts without filling and a jar of mayonnaise, and then use a confectionery bag to fill them.

A can that won't open



© imgur.com

Treat your friend with a can of cola or other soda, having turned the pull tab in advance so that the can won't open. An attentive person will quickly guess what's wrong, but it's still funny, isn't it?

Fake stash



© mothers-home.com

Cut off the corner of a banknote (you can use fake money from a game set instead of spoiling real ones), attach a funny picture or note to it, put it in a book, and leave in plain view. Someone will be disappointed!

Fake spider



© instructables.com

Most of us are afraid of these creatures, so toilet paper with a realistically painted spider will surely make those who use it scream.

Nightmare on the ceiling



© liveluvcreate.com

A suspended ceiling in the office is a great chance to scare your colleagues. Replace one of the ceiling tiles with a scary picture from *The Ring* or *The Grudge*, and wait until your „victims“ scream...or beat you.

Voice-controlled toaster



© doseng.org

How it works: stick a “voice-controlled” note to the office toaster or coffee machine, and spend a nice morning watching people screaming at this “naughty” technology.

A living printer



© shariv67/twitter.com

If your neighbor has an unprotected wireless printer, send a note to print that looks as if the printer itself wrote it. They’ll be surprised!

A chair for the busiest person ever

If you have a spare toilet bowl and a colleague who constantly complains about the lack of a spare second at work, this prank is just for you. Don’t forget such details as toilet paper, air freshener, and a toilet brush.

A toilet bowl that cannot be used



© elaegypt.com

Finally, one of the classic “toilet jokes” you can try at your own risk. To do this, you’ll need clear food film and, of course, a toilet bowl. Raise the seat, wrap the toilet with the film, return the seat to the initial position, wait for the most inattentive “victim,” and be ready to clean the mess

a little bit later.

Preview photo credit elaegypt.com

Based on materials from Bored Badger/ youtube

Sursa: brightside.me

400 de cuvinte englezești suficiente pentru a înțelege 75% din texte

Cercetătorii de la Universitatea Oxford au determinat că cele mai utilizate 100 de cuvinte în limba engleză constituie în medie 50% din volumul oricărui text scris în această limbă (cu excepția literaturii științifice).

Iar dacă la acestea adăugăm și cele mai utilizate 100 de substantive, verbe și adjective, atunci acest set de 400 de cuvinte ar acoperi circa 75% din textele scrise în engleză.

Practic oricine cunoaște măcar aceste 400 de cuvinte poate înțelege în linii generale tematica, ideile principale și alte informații utile dintr-un text altfel necunoscut.

Dacă studiați limba engleză sau ați dori să începeți studiul, redacția **Perfect-ask.com** vă vine în ajutor. Noi am găsit această selecție și v-o prezentăm cu mare drag.

100 cele mai utilizate cuvinte în limba engleză

- | | | |
|----------|------------|-------------|
| 1. the | 34. my | 67. could |
| 2. be | 35. one | 68. them |
| 3. to | 36. all | 69. see |
| 4. of | 37. would | 70. other |
| 5. and | 38. there | 71. than |
| 6. a | 39. their | 72. then |
| 7. in | 40. what | 73. now |
| 8. that | 41. so | 74. look |
| 9. have | 42. up | 75. only |
| 10. I | 43. out | 76. come |
| 11. it | 44. if | 77. its |
| 12. for | 45. about | 78. over |
| 13. not | 46. who | 79. think |
| 14. on | 47. get | 80. also |
| 15. with | 48. which | 81. back |
| 16. he | 49. go | 82. after |
| 17. as | 50. me | 83. use |
| 18. you | 51. when | 84. two |
| 19. do | 52. make | 85. how |
| 20. at | 53. can | 86. our |
| 21. this | 54. like | 87. work |
| 22. but | 55. time | 88. first |
| 23. his | 56. no | 89. well |
| 24. by | 57. just | 90. way |
| 25. from | 58. him | 91. even |
| 26. they | 59. know | 92. new |
| 27. we | 60. take | 93. want |
| 28. say | 61. people | 94. because |
| 29. her | 62. into | 95. any |
| 30. she | 63. year | 96. these |
| 31. or | 64. your | 97. give |
| 32. an | 65. good | 98. day |
| 33. will | 66. some | 99. most |
| | | 100. us |

100 cele mai utilizate substantive în limba engleză

- | | | |
|----------------|--------------|-----------------|
| 1. time | 34. water | 67. community |
| 2. year | 35. room | 68. name |
| 3. people | 36. mother | 69. president |
| 4. way | 37. area | 70. team |
| 5. day | 38. money | 71. minute |
| 6. man | 39. story | 72. idea |
| 7. thing | 40. fact | 73. kid |
| 8. woman | 41. month | 74. body |
| 9. life | 42. lot | 75. information |
| 10. child | 43. right | 76. back |
| 11. world | 44. study | 77. parent |
| 12. school | 45. book | 78. face |
| 13. state | 46. eye | 79. others |
| 14. family | 47. job | 80. level |
| 15. student | 48. word | 81. office |
| 16. group | 49. business | 82. door |
| 17. country | 50. issue | 83. health |
| 18. problem | 51. side | 84. person |
| 19. hand | 52. kind | 85. art |
| 20. part | 53. head | 86. war |
| 21. place | 54. house | 87. history |
| 22. case | 55. service | 88. party |
| 23. week | 56. friend | 89. result |
| 24. company | 57. father | 90. change |
| 25. system | 58. power | 91. morning |
| 26. program | 59. hour | 92. reason |
| 27. question | 60. game | 93. research |
| 28. work | 61. line | 94. girl |
| 29. government | 62. end | 95. guy |
| 30. number | 63. member | 96. moment |
| 31. night | 64. law | 97. air |
| 32. point | 65. car | 98. teacher |
| 33. home | 66. city | 99. force |
| | | 100. education |

100 cele mai utilizate verbe în limba engleză

- | | | |
|------------|--------------|----------------|
| 1. be | 34. mean | 67. change |
| 2. have | 35. keep | 68. lead |
| 3. do | 36. let | 69. understand |
| 4. say | 37. begin | 70. watch |
| 5. go | 38. seem | 71. follow |
| 6. can | 39. help | 72. stop |
| 7. get | 40. talk | 73. create |
| 8. would | 41. turn | 74. speak |
| 9. make | 42. start | 75. read |
| 10. know | 43. might | 76. allow |
| 11. will | 44. show | 77. add |
| 12. think | 45. hear | 78. spend |
| 13. take | 46. play | 79. grow |
| 14. see | 47. run | 80. open |
| 15. come | 48. move | 81. walk |
| 16. could | 49. like | 82. win |
| 17. want | 50. live | 83. offer |
| 18. look | 51. believe | 84. remember |
| 19. use | 52. hold | 85. love |
| 20. find | 53. bring | 86. consider |
| 21. give | 54. happen | 87. appear |
| 22. tell | 55. must | 88. buy |
| 23. work | 56. write | 89. wait |
| 24. may | 57. provide | 90. serve |
| 25. should | 58. sit | 91. die |
| 26. call | 59. stand | 92. send |
| 27. try | 60. lose | 93. expect |
| 28. ask | 61. pay | 94. build |
| 29. need | 62. meet | 95. stay |
| 30. feel | 63. include | 96. fall |
| 31. become | 64. continue | 97. cut |
| 32. leave | 65. set | 98. reach |
| 33. put | 66. learn | 99. kill |
| | | 100. remain |

100 cele mai utilizate adjective în limba engleză

- | | | |
|---------------|-------------------|-------------------|
| 1. other | 34. hard | 67. common |
| 2. new | 35. major | 68. poor |
| 3. good | 36. better | 69. natural |
| 4. high | 37. economic | 70. significant |
| 5. old | 38. strong | 71. similar |
| 6. great | 39. possible | 72. hot |
| 7. big | 40. whole | 73. dead |
| 8. American | 41. free | 74. central |
| 9. small | 42. military | 75. happy |
| 10. large | 43. true | 76. serious |
| 11. national | 44. federal | 77. ready |
| 12. young | 45. international | 78. simple |
| 13. different | 46. full | 79. left |
| 14. black | 47. special | 80. physical |
| 15. long | 48. easy | 81. general |
| 16. little | 49. clear | 82. environmental |
| 17. important | 50. recent | 83. financial |
| 18. political | 51. certain | 84. blue |
| 19. bad | 52. personal | 85. democratic |
| 20. white | 53. open | 86. dark |
| 21. real | 54. red | 87. various |
| 22. best | 55. difficult | 88. entire |
| 23. right | 56. available | 89. close |
| 24. social | 57. likely | 90. legal |
| 25. only | 58. short | 91. religious |
| 26. public | 59. single | 92. cold |
| 27. sure | 60. medical | 93. final |
| 28. low | 61. current | 94. main |
| 29. early | 62. wrong | 95. green |
| 30. able | 63. private | 96. nice |
| 31. human | 64. past | 97. huge |
| 32. local | 65. foreign | 98. popular |
| 33. late | 66. fine | 99. traditional |
| | | 100. cultural |

Vă dorim mult spor la studiul limbii engleze!

Sursa: perfect-ask.com

SIMPLU – Cum sa pui pilota in cearsaf in 90 sec

2 Pasi:

1. Intoarceti cersaful pe dos. Puneti pilota deasupra. Rasuciti-le impreuna ca pe o clatita
2. Intoarceti capetele cearsafului pe fata astfel incat pilota sa ramana in interior. Tineti de capete si scuturati astfel incat sa se intinda. Gata ☐

Mai jos video:

<https://www.youtube.com/watch?v=6Ln4ndIPyp8>

Sursa video: YouTube.com

3 Great Exercises to Help You

Get the Perfect Behind

It's impossible to imagine a having a beautiful figure overall without the presence of a beautiful behind. The good news is that you don't need to go to the gym all the time to achieve this – you can manage it just as easily by doing a workout at home, provided it's the right one.

All you need for this however is a pair of dumb-bells (or heavy books), a yoga mat, and a strong enough desire for self-improvement.

This particular exercise scheme to get the perfect behind was developed by fitness trainer Angela Lee, who suggests that you should maintain it for thirty days.

Timetable:



The numbers in each box indicate the number of reps you should do for each day that the scheme lasts. You should do the workout in bursts lasting for 2-3 minutes, with a break of 1 minute imbetween. The workout should never take longer than about 11 minutes ever day. And don't ignore the days when you should be resting – your muscles need time to regain strength.

1. The basic exercise



This involves doing just ordinary squats. Place your feet shoulder-width apart, keep your back straight and bend your legs at the knee to form a sitting position low to the ground, with your arms outstretched. The most important thing here

is to find a good balance and place your body weight on both feet as a whole rather than any one part of them.

2. The exercise with dumb-bells



For this exercise you need to stand straight, with your legs placed slightly wider than shoulder-width apart and facing outward. Holding a dumb-bell in both hands and keeping your back and your arms straight, do the same squat into the sitting position as in the basic exercise. First use lighter ones, then gradually replace them with three- or four-kilogram ones. If you feel excessive tiredness after a few reps, slowly place the dumb-bells on the floor and use lighter ones.

3. The complex exercise



Stand up straight, with your legs placed slightly further apart than the width of your shoulders. Keeping your back straight and with your hands placed on the back of your head (and your fingers laced together), perform the squatting exercise. Make sure you that your feet are pointing out slightly and not directly lined up with your knees. Don't push against your neck with your hands, and don't lean your head forward. You should be able to feel that you are exercising the muscles in your back. You shouldn't be able to see your elbows in your peripheral vision.

Sursa: brightside.me

8 Secret Android Functions 90% of Users Don't Know About

There probably isn't a person now who hasn't got an absolutely indispensable smartphone in their pocket. However, despite this fact, there aren't many people out there who know about all the incredible things these devices are actually capable of.

We at **Bright Side** would like to end this vicious circle and tell you about 8 of the most fascinating features of Android.

The easiest way to save your battery power



© pixabay

If you choose a black or simple dark background for your screen, the automatic pixel highlighting will turn off, and you'll notice that your device keeps its charge for much longer. This feature isn't available for all Android devices yet, but it's already implemented on most Samsung smartphones and tablets. Give it a try!

Text-to-speech



© pixabay

Not only can you read this article but you can also listen to it if you have an Android device. So if you prefer to hear incoming information rather than see it, go to Settings -> Accessibility and turn on the Text-to-Speech Output option.

Smartphone remote control



© pixabay

Just go to Settings -> Security -> Device administrators, and check the boxes next to Android Device Manager, *Remotely locate this device*, and *Allow remote lock and erase*. Now if you lose your smartphone, you can locate and block it without losing your data via this website.

Turning on Guest Mode



© pixabay

If you would like to temporarily give your phone to another person yet keep your personal data confidential, use Guest Mode. Swipe down from the top with two fingers, and touch the user icon on the upper right. The *Add guest* icon will appear, and you'll be able to choose which actions the person handling your smartphone will be allowed to take.

Screen magnifier



© pixabay

People with poor eyesight often have no idea how much this feature can help them. Just go to Settings -> Accessibility -> Magnification gestures. Then you'll be able to zoom in on any part of the display just by tapping it.

Hotspot mode



You needn't buy a separate 3G modem or a router to use the Internet on different devices because your smartphone can do this easily. Go to Settings -> Tethering and portable hotspot, and turn on *Portable WLAN hotspot*. That's it!

Control your smartphone with head movements



© pixabay

There are situations when you just have to use your gadget but your hands are otherwise occupied or it's just too cold outside to take your warm gloves off. However, there's a solution for this! After installing a free app called EVA Facial Mouse you'll be able to control your Android device with movements of your head! The detailed guide on installation is [here](#).

A secret game



Starting with Android 2.3 Gingerbread, Google puts a small secret present for users into all their devices. However, finding it may prove to be quite difficult. Here are instructions on how to do it despite the odds. First, go to Settings and choose About phone or About tablet. Quickly tap *Android version* several times, and when a small marshmallow shows up on the screen, quickly tap it again, and a special mini-game will open. You haven't found it yet? Well, what are you waiting for?

4 Simple Exercises to Get the Perfect Belly in Just 4 Weeks

Making your belly fit and flat isn't that hard – you only need to eat healthy, which is an important part of getting in shape, and do a set of simple exercises regularly.

We at **Bright Side** are sure you can achieve great results if you try!



Photo credit: POPSUGAR Photography

Preview photo credit rolloid.ne

Sursa: brightside.me

7 Super Effective Yoga Poses for Beautiful Breasts

We at **Bright Side** are positive that everyone is capable of building the body of their dreams. We have collected the most efficient yoga poses that will not only improve the shape of your breasts and the volume of your lungs, but also make you feel strong and healthy.

Warrior Pose



© shutterstock/ fizkes

Virabhadrasana, or the Warrior Pose, will not only make you feel your strength, but also help you extend your thorax and make it elastic and active:

1. Place your feet wide apart, parallel to each other.
2. Turn your left foot to the left 90 degrees and your right foot inside. Breathe out, and bend your left knee.
3. Your right leg should stay straight. Raise your arms, and put them in line with your shoulders. Turn your head left, looking at your wrist.
4. Repeat 7-10 times, then do the same to the right side.

Triangle Pose



© shutterstock/ fizkes

Trikonasana, or the Triangle Pose, will release and strengthen your thorax, stretch your spine, and improve your blood flow:

1. Place your feet wide apart. Turn the left one 90 degrees and the right one 15 degrees.
2. Touch your left ankle with your left hand (with time, you'll be able to put your open palm on the floor), and stretch your right arm upwards so that your arms make a straight line. Keep your knees and spine straight too.
3. Turn your face up, and look at your fingers. Then repeat the exercise with the other side.

Cobra Pose



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Bhujangasana, or the Cobra Pose, helps increase the lung volume, stretch the thoracic muscles, strengthen your abdominal muscles, and improve your posture:

1. Lie on your stomach and inhale deeply. Slowly raise your torso, and keep your lower body to the floor at the same time. Balance on your legs and arms.
2. Raise your head and look up.
3. Slowly breathe out and assume the initial position. Try increasing the time you stay in the pose with each repetition.

Bow Pose



© shutterstock/ fizkes

Dhanurasana, or the Bow Pose, is advised to all those who have backaches. This exercise helps stretch the whole spine and beautifully shapes your breasts:

1. Lie on your stomach, breathe out, bend your knees, and raise them behind you to your head. Try holding your ankles with your hands.
2. Now slowly breathe out again, and pull your legs and arms upwards as far as you can. Your hips and breasts should lift from the floor, and you should balance on your stomach.
3. Try to stay in this position for 30 seconds.

Wheel Pose



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Chakrasana, or the Wheel Pose, helps you stretch your thorax, spine, and neck, lifts fatigue, and cures headaches:

1. Lie down on your back, and place your feet a bit more than shoulder width apart, then pull them to your buttocks.
2. Put your hands behind your head palms down with your fingers pointing to your back. Breathe out and raise your breasts and hips as high as you can.
3. Try straightening your arms completely. Stay in this position for 30 seconds.

Supported Headstand



© shutterstock/ fizkes

Salamba Sirsasana, or the Supported Headstand, is helpful for the ligaments and muscles of the spine and thorax. It improves breathing and blood flow, but is advised for the experienced:

1. Stand on your knees and put your forearms on the floor. Knit your fingers together to form a bowl, then put the top of your head on the mat so that the back of your head is in the 'bowl.'
2. Bend your knees, breathe out, and raise your feet off the ground.
3. Stretch your legs upwards, and stay like this for 30 seconds to 2 minutes, depending on your ability.

Camel Pose



© shutterstock/ fizkes

Ustrasana, or the Camel Pose, is effective against backaches. It also increases the lung volume and strengthens the thorax:

1. Stand on your knees and pull your feet together.
2. Slowly bend backwards and put your hands on your heels. Then arch your back and stretch your ribs. Your head should be pulled to the floor.
3. Stay like this for 30 seconds and assume the initial position.

Preview photo credit depositphotos

Based on materials from stylecraze

Sursa: brightside.me

50 Life Hacks That Will Make Your Life Easier

Life hacks improve our efficiency and help us get things done. Life hacks also help us tackle the everyday problems that we face. Today, we have compiled some amazing life hacks that will make your life easier. We hope that these hacks, tips and tricks will optimize things in your life. Let us know your personal life hack in the comments below.













Sursa: wonderfulengineering.com

100 Clever Life Improving Ideas That You Can Use in Everyday Life

There is always an easy way to do a task. All you need are the right tips for every task. These 100 life improving ideas are meant to help you in carrying out everyday chores. Check out these tips and tell us your favourite tip in the comments section below.

Related: [50 Lifehacks That Will Make Your Life Easier](#)















Sursa: wonderfulengineering.com

7 Simple Exercises That Will Transform Your Body in Just 4 Weeks

The new year has arrived, and with it, thoughts about getting fit and ready for the spring. However, these intentions tend to not last as long as we would like them to.

To get you in shape, we at **Bright Side** have come up with some simple exercises that will change how you look in as little as four weeks. You won't have to go to the gym or buy any special equipment – all you need is determination and ten minutes a day.

Plank



A plank is a static exercise, which means you don't need to move while doing it, but simply hold your body in the correct position instead. To do it right, follow the example shown in the picture and prop yourself on your elbows, forearms, and forefeet. It's important to keep your back perfectly straight without your waist lowered or your bottom upraised. If you don't have difficulties keeping your body in the elbow plank, then something's not right. While in this position, the muscles that keep you straight are being worked, such as the abs, arm muscles, back, and anterior thigh muscles.

Push-ups



To do a correct push-up, assume the plank as the initial position, and then push yourself up with your arms. The most important thing is to keep your back, bottom, and legs in a straight line – this will strain your abs as well as your arms. The next step is to return to the initial position as slowly as possible.

Toning your thigh and bottom muscles



Begin the exercise as shown in the picture, propping yourself on your hands and knees. Then, stretch one leg, trying to keep it straight and not letting it go to the side or bend while raising and stretching the opposite arm at the same time. After that, do the same for the other arm and leg.

Squats



Squatting is all about balance – put your feet shoulder-width apart and stand on the soles of your feet. Then, begin squatting as if slowly sitting down on a low imaginary chair. Your knees and feet should form a straight line. Try to pull the small of your back in as far as you can. You may also help keep your balance by stretching your arms out in front of you, as shown in the picture. When you are down, start pushing yourself up as slowly as you can.

Ab exercises



Lie on your back and stretch your arms up, then slowly raise one of your legs, bent at the knee, and touch it with your hand, as you can see above. Return to the initial position and repeat with the other leg and arm. Don't forget about the main rule here – the left arm goes to the left leg, and the right arm goes to the right one.

Abs and buttocks



First, prop yourself on your hands and feet so that your body forms a triangle above the floor. Raise one of your legs as high as you can, as seen in the first picture, and then lower it slowly and try to touch the tip of your nose with your knee. Return to the initial position and do the same with the other leg.

Waist



Take up the initial position with your legs set widely apart and slightly bent at the knees and with your back propped against the wall. Then, lace your fingers or take a ball, as shown in the picture, and slowly move your hands from side to side, trying to touch the wall with them and, most importantly, keeping upright.

The four-week plan

Week 1:

Do the following for six days:

2 minutes plank;

1 minute push-ups;

1 minute abs and thighs;

1 minute abs;

1 minute abs and buttocks;

1 minute waist;

2 minutes plank.

Have a ten-second break between the exercises.

Week 2:

Alternate the following sets for 6 days.

Set 1:

3 minutes plank;

3 minutes abs;

3 minutes thighs and buttocks.

Have a 15-second break between the exercises.

Set 2:

3 minutes waist;

3 minutes push-ups;

3 minutes abs and buttocks.

Have a 15-second break between the exercises.

Week 3: repeat the Week 1 set.

Week 4: repeat the Week 2 sets.

If you do everything correctly, you will achieve amazing results in just a month and, as a bonus, develop a habit of doing this simple ten-minute set of exercises every day. And if you want to improve your body even more, then doubling the effort is all you need to do!

Photo credit: popsuga

Sursa: brightside.me