

Ex. 1: IDIOMS OF HAPPINESS AND SADNESS

Complete the idioms in the text with ONE WORD in each gap!

Are you feeling _____ in the mouth? Clothes you wear can stop you feeling down in the _____. Studies suggest that if you wear colourful clothes, you'll soon feel on _____ of the world again. Blue is effective for many, and yellow helps others to feel _____ the moon. You can be on cloud _____ when you wear red, though some people find it stressful! Green is a good choice if you're feeling _____.

Ex. 2: VALUES

Complete the text with ONE WORD in each gap!

We're looking for athletes who have unusual ability and the following values:

1. _____ : Are you prepared to give most of your free time to training for the next four years?
2. _____ : You'll need to be strict about what you eat and drink, and make sure you get enough sleep.
3. _____ : An Olympic medal should be your only goal for the next four years – forget about everything else!
4. _____ : We'll help and support you, but you'll need to depend on yourself most of the time.
5. _____ : Can you keep going for very long periods of hard training?
6. _____ : Will you put the needs of the Olympic team before your own needs?
7. _____ : Can you show the Olympic values of fair play and respect for your opponents?
8. If the answer is Yes, come and show us what you can do. In exchange our programme aims to help you to achieve success and an enormous boost to your _____.