English Language

Unit 2: Health and Lifestyle – Time Out

1. anxious	2. herbal teas	3. downtime
4. visualization	5. oil burner	6. calm
7. triathlon		

Which word from the scroll completes each of the following sentences.

There's an extra word.

Kate: Well, for a start, for most of the day I've been at college and in the library, reading and learning. Lying down in here gives me a bit of _____[1], to let me clear my head. I'm trying _____ [2] as well.

Anna: Visualisation – what's that?

Kate: Well, although it may look like I'm staring at the wall, I'm actually imagining a beautiful beach. If I keep thinking about it, I can imagine I'm there. It's a really good way to relax.

Anna: I don't think I could just think about one thing for so long. I'd start thinking about other things – like when I'm going to the gym next. Anyway, why are you so stressed about college? You're doing really well.

Kate: Oh, I've got exams soon, so I know I'll have to do lots of work. I really need to get good grades, so there's a lot of pressure. I'm feeling really _____[3] all the time.

Anna: That's a shame. Do you want to try one of my _____ _____[4]? If you like things like aromatherapy, you might like this. It's got lots of different flowers and herbs – chamomile and lavender, that make you feel _____[5].

Kate: Wow, thanks Anna. That does sound good. I'll try that.

Anna: And maybe you could do the _____[6] with me next week. There'll be running, swimming and cycling – you'll love it!

LIVEWORKSHEETS