Activity 9: Match the words (1-4) with their antonyms (a-d) based on the reading context:

1. nervous	a. slow down
2. stressful	b. increase
3. speed up	c. confident
4. reduce	d. normal

Activity 10: Write some words that collocate (go together with) the given words.

1. ……*look*…… **nervous**

   ……

   ……

   ……

2. **to respond** ……to sth

   ……

   ……

   ……

3. **to get rid of** ……

   ……

   ……

4. to …… **stress**

   ……

   ……

LIVEWORKSHEETS