Complete each sentence with the correct word(s) from the list.

angry confused delighted embarrassed interested lonely
nervous relaxed scared stressed surprised

1 I'm really_____of big wild animals, like tigers. They terrify me!

2 John came back from his long holiday yesterday, so he's feeling quite_____.

3 Kate gets_____when her children don't listen to her.

4 I have such a lot of work to do in a short time! It's making me feel_____.

5 Joelle felt very_____before her exam. Once it started, though, she felt better.

6 My brother and his wife are expecting a baby. They're absolutely_____!

7 For the first few chapters of the book, Lucy was_____, but everything became clearer as she learned the characters' names.

8 I feel really_____when I travel on my own, but some people really like it.

9 When the boys invited Ken to play football with them, he was_____because he didn't know how to play.

Complete each sentence with correct word.

10 Ali felt really_____(disappointed / disappointment) when he failed his exam.

11 There was a lot of_____(excitement / excited) among the children when they arrived at the zoo.

12 When I got back from the long trip, I was feeling completely_____. (exhaustion / exhausted)

Match the word to the correct meaning.

12.a an interest in new things
12.b an understanding and sympathy for another person
12.c great happiness

13 empathy
14 joy
15 curiosity

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LIVEWORKSHEETS

Read. Choose T (True) or F (False).

16 In the question 'Who has visited Spain?', 'who' is the subject.

17 In the question 'What did you enjoy?', 'what' is the subject.

18 In the question 'Where did you go on holiday?', 'where' is the object.

19 In the sentence 'John has lost his wallet.', 'John' is the object.

20 In the question 'How much did it cost?', 'it' is the object.

Match the two parts of the questions.

20.a loves ice cream?
20.b are in the wild?
20.c do you study each week?
20.d does a firefighter earn in your country?
20.e when you feel lonely?

21 How many tigers
22 Who do you talk to
23 Who
24 How many hours
25 How much

Choose the correct answer.

26 How_____right now?
26.a are you feeling b. have you felt c. you feel

27 living in the city or the countryside?
27.a Have you enjoyed b. Are you enjoying c. Do you enjoy

28 In some countries, people_____very long hours.
28.a work b. have worked c. are working

29 At weekends, I usually just_____.
29.a have relaxed b. relax c. am relaxing

30 Experts say that animals like chimpanzees_____to communicate happiness.
30.a are smiling b. have smiled c. smile

Complete each sentence with the present simple, present continuous or present perfect form of the verb in brackets.

31 Let me tell you about my friend Cindy. Cindy and I_____(share) a house for about a year.

32 We really_____(enjoy) doing things like going to the shops or cooking together.

LIVEWORKSHEETS

33 But, in some ways, we_____(be) very different from each other.

34 For example, Cindy loves exercising at the gym. She exercises three times a week; in fact, she _____(exercise) right now.

35 As for me, I don't do much physical exercise. I_____(always be) very lazy.

Read the information. Are the following sentences correct? Choose T (True) or F (False). Correct the incorrect sentences.

Name: Jackie Driver
Present position: Assistant Director of Marketing and Communications for a large multinational company
City: Manchester
Qualifications: MBA
Length of time in present job: 5 years
Ambition: To become Director

36 Jackie has worked for a multinational company and loves her job.

_____

37 Jackie has worked for the company for five years.

_____

38 Jackie is studying for an MBA.

_____

39 Jackie is being an Assistant Director of Communications and Marketing.

_____

40 Jackie works in Manchester.

_____

Read. Choose T (True) or F (False).

Have you exercised today? Even though most of us know that exercise does our body good, we often feel too busy and stressed to fit it into our daily routine. But how important is it to make time for exercise? The fact is that almost any form of exercise, such as yoga or a workout in the gym, can relieve stress. Even if you aren't a natural athlete or you're a bit out of shape, you can still do some exercise that will help you to reduce stress.

It is well-known that exercise improves your overall health and your sense of well-being, giving you more energy for your daily life. However, did you know that it also has some immediate benefits that reduce stress? Here are a few of them.

- It makes you calm. After a fast game of football or several lengths of the swimming pool, you may

LIVEWORKSHEETS

find yourself concentrating only on your body movements and realise you've forgotten the day's irritations. As you begin to relax and focus on your physical activity, you feel the daily tensions disappear, and the resulting energy and optimism can help you feel calm and see things more clearly.

- It releases endorphins. Physical activity helps to increase the production of your brain's feel-good chemicals, called endorphins. A run, a game of tennis or a walk surrounded by nature can give you this feeling, too. Spending time outdoors is really good for you.
- It improves your mood. Regular exercise can increase self-confidence and reduce the symptoms of mild depression and anxiety. Are your nights regularly disrupted by stress, depression and anxiety? If so, exercise can really help you to sleep better. It lowers your stress levels and gives you a sense of control over your body and your life.

So what are you waiting for? Get moving! Why don't you invite a friend? You might even have fun!

41 Yoga doesn't relieve stress.

42 You have to be an athlete in order to do any physical exercise.

43 Swimming is a good time to think about how you can reduce tension at work.

44. Taking a walk outdoors helps to relieve stress.

45 Your sleep improves if you exercise.

Read. Choose the correct answer.

Even though most of us know that exercise does our body good, we often feel too busy and stressed to fit it into our daily routine. But how important is it to make time for exercise? The fact is that almost any form of exercise, such as yoga or a workout in the gym, can relieve stress. Even if you aren't a natural athlete or you're a bit out of shape, you can still do some exercise that will help you to reduce stress.

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46 Exercise gives you more_____.

46.a illness b. energy c. stress

LIVEWORKSHEETS

47 If you're out of shape, you're_____.
47.a not fit b. an athlete c. healthy

48 Focusing on one task helps to make you_____.
48.a ill b. tired c. calm

49 An endorphin is a_____.
49.a chemical in the brain b. medicine c. type of exercise

50 If you're feeling happy and relaxed, you're in a good_____.
50.a focus b. mood c. well-being

Read. Find and write a rhetorical question that the author uses for each purpose.

Even though most of us know that exercise does our body good, we often feel too busy and stressed to fit it into our daily routine. But how important is it to make time for exercise? The fact is that almost any form of exercise, such as yoga or a workout in the gym, can relieve stress. Even if you aren't a natural athlete or you're a bit out of shape, you can still do some exercise that will help you to reduce stress.

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So what are you waiting for? Get moving! Why don't you invite a friend? You might even have fun!

51 to make a suggestion

_____

52 to emphasize a point

_____

53 to tell readers what information they can expect to read

_____

54 to help readers relate the text to their own experience

_____

LIVEWORKSHEETS

55 to persuade

Listen. Choose T (True) or F (False). Audio 2.01

56 Professor Harrison is an expert on nature.

57. Professor Harrison is from the University of London.

58 The professor says that people who live in the city often get more stressed.

59 A picture of green fields in the countryside can reduce stress.

60 A plant in a hospital room is bad for people.

Listen. Match the word to the correct meaning. Audio 2.01

61 expert
61.a writer b. professor c. someone with a lot of knowledge

62 research
62.a study b. reading c. writing

63 urban
63.a in a town or city b. big c. countryside

64 hormone
64.a a chemical linked to stress 64.b a chemical made by the body 64.c a chemical made by the brain

65 significant
65.a small b. negative c. big

Listen. Match the two parts of the sentences. Audio 2.01

a reduces your blood pressure.
b researching the brain.
c nature has benefits for people.
d shown that nature effects the brain.
e have a beneficial effect.

66 The professor is
67 The professor has
68 The professor thinks that
69 Plants can
70 Being in nature

LIVEWORKSHEETS

Writing

66 Write a short review of a book you liked. Give your opinion and your emotional response to it. Write at least three sentences.

_____

_____

_____

_____

_____

_____

Complete these sentences so that they are true for a book you have read.

67 One thing that I loved about the book was_____.

68 What I found exciting was_____.

69 What I found disappointing was_____.

70 What made me really think was_____.

Watch and answer the questions. Write one or two sentences. Video 1.1

71 What experience made Rana think of putting emotions into digital communication?

_____

_____

72 How did Rana feel when she was away from home?

_____

_____

73 In emotion science, what is the other name for a facial muscle movement?

_____

_____

74 What does Rana say about teaching a computer to read emotions?

_____

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75 How does a computer learn to recognize a smile?

LIVEWORKSHEETS