

1 **VOCABULARY** adjectives ending -ed and -ing

a Circle the correct adjective.

HOW TO SURVIVE
THE WINTER

If you're in the middle of a long, dark winter and are beginning to feel a bit ¹depressed/depressing about spending another cold weekend at home, don't worry – here are some things you can do to make yourself feel better.

✱ Get moving

Exercise is one of the best things you can do. But remember that doing just one kind of exercise can get a bit ²bored/boring, so try different things. Go swimming, go for a walk, get on a bike, etc.

✱ Eat chocolate

The newspapers all got very ³exciting/excited recently about reports that chocolate is good for you – and it seems to be true. Chocolate contains tryptophan, which makes you feel happier and more ⁴relaxed/relaxing.

✱ Book a holiday abroad or a weekend away

It always helps to do something different. A holiday somewhere hot – or a skiing holiday – can mean you get to see the sun. But if you don't have much money after Christmas or you're ⁵frightened/frightening of flying, a weekend away close to home also gives you something to look forward to.

✱ Read a book

Turn off your phone and the TV, and shut down your laptop. Go to your local bookshop – these usually have all kinds of ⁶interested/interesting books you can read.

✱ See people

Not online, but in real life. Invite people to your house for dinner. In the middle of winter, an evening in front of the fire with family and friends is really ⁷relaxed/relaxing.

b Complete the sentences with adjectives ending -ed or -ing, e.g. interested or interesting.

- I'm reading a really interesting _____ article.
- Going away for the weekend is very relaxing _____.
- This film is really boring _____ . Turn the TV off.
- Helen's very depressed _____ because she's just lost her job.
- My cousin is very excited _____ in fashion.
- Congratulations! That's really exciting _____ news.
- The news is all very depressing _____ at the moment.
- We had a very frightening _____ experience yesterday.
- Mum, I'm bored _____ I have nothing to do!
- The dogs were very excited _____ to see us when we came home.

2 **GRAMMAR** something, anything, nothing, etc.

a Complete the sentences with a word from the list.

anybody anything anywhere no one nowhere
someone something somewhere

- We didn't do anything _____ special last weekend.
- Did you know _____ at the meeting today?
- It's very boring in this town. There's _____ to go in the evenings.
- He couldn't find his keys _____.
- I met _____ from my old school at the party last night.
- Lucas has _____ to tell you.
- I phoned twice, but _____ answered.
- We've found _____ to stay in Dublin. It's a nice little hotel.