

7 Vocabulary

Phrasal verbs: screen-life balance

1 ☆ Choose the correct words to complete the sentences.

- I sometimes forget to log **away/off** when I've finished using my laptop.
- Who does George usually **meet/hang** out with at the weekends?
- Are you going **away/up** on holiday this year?
- I never **switch/sign** out of social media sites.
- Shall we meet **out/up with** Max on Saturday?
- Don't spend all your time doing homework – you need to **chill/rest** out sometimes!
- Sara wants to take **up/off** running this year.
- Please **switch/sign** your phone off and put it away!

2 ☆☆ Complete the sentences with the phrasal verbs in the box. There are two phrasal verbs you don't need.

chill out go away meet up with ~~print out~~
sign out switch off take up work out

- I always read things online. I never print out documents to read.
- How often do I need to _____ at the gym to get fit quickly?
- Great! No homework tonight, so I can just _____ and relax!
- I've bought some running shoes because I'm going to _____ running.
- I can't wait for the summer, so I can _____ on holiday to the beach!
- Are you going to _____ Sam this weekend?

3 ☆☆ Complete the sentences. Use the phrasal verbs in brackets and a suitable pronoun if necessary.

- I couldn't read the document very easily on the screen, so I printed it out. (**printed out**)
- All my friends were at the cinema, so I decided to _____ there. (**meet up with**)
- We just _____ at home all day! (**chilled out**)
- I didn't need my phone, so I _____. (**switched off**)
- I always feel better when I've _____ at the gym. (**worked out**)
- Jack's really good at football although he only _____ a few months ago! (**took up**)

- I don't know Ana very well, but my sister _____ a lot. (**hangs out with**)
- I use my social media sites all the time, but I never _____. (**sign out of**)

4 ☆☆☆ Complete the tips for relaxing with one word in each space.



Top ways to relax

We all know that it's good to relax, and you don't need to go **1** away on holiday to find ways to slow down and forget about everything.

EXERCISE: Most people feel calmer and more relaxed after **2** _____ out at the gym. If you don't enjoy the gym, why not **3** _____ up a sport? All forms of exercise produce chemicals in the body which help you to relax.

SOCIAL TIME: Meeting **4** _____ with friends is a great way to feel calm and happy. And it doesn't have to cost a lot of money. Just chilling **5** _____ for an hour or two with a group of friends can really improve your mood, especially if you're having fun together.

SCREEN-FREE TIME: We all spend too much time online, and it stops us from sleeping well. Set a time to **6** _____ out of your social media sites each evening, and switch **7** _____ your phone when you go to bed.



5 ☆☆☆ Answer the questions about you. Use phrasal verbs in your answers.

- How often do you work out?
I work out once or twice a week.
- Which sport would you like to take up? Why?

- Where do you usually meet up with your friends?

- What do you do when you want to chill out?

- Where would you most like to go away on holiday? Why?
