

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 take up at the gym to get fit quickly?
- Great! No homework tonight, so I can just chill out and relax!
- I've bought some running shoes because I'm going to work out running.
- I can't wait for the summer, so I can go away on holiday to the beach!
- Are you going to meet up with 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 meet up with them. (**meet up with**)
- We just chilled out at home all day! (**chilled out**)
- I didn't need my phone, so I switched off. (**switched off**)
- I always feel better when I've worked out at the gym. (**worked out**)
- Jack's really good at football although he only took up a few months ago! (**took up**)

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

