

# Phrasal Verbs – Worksheet

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## Exercise 1: Fill in the blanks

Complete the sentences using the correct form of the phrasal verbs below:

bounce back, catch up with, mess up, cheer sb up, keep up with, fall behind, deal with, pile up, zone out, slack off, burn out, switch off

- 1. After losing the match, the team managed to \_\_\_\_\_ and win the next three games.
- 2. I'm behind on my homework — I need to \_\_\_\_\_ my classmates.
- 3. She tried to bake a cake for the first time but totally \_\_\_\_\_ it \_\_\_\_\_.
- 4. He was feeling sad, so we brought him some cake to \_\_\_\_\_ him \_\_\_\_\_.
- 5. Don't worry if you make a mistake. Everyone \_\_\_\_\_ eventually.
- 6. If you \_\_\_\_\_ your tasks now, they'll be much harder to handle later.
- 7. I've got so much homework — it's really starting to \_\_\_\_\_.
- 8. He tends to \_\_\_\_\_ during long meetings and misses important information.
- 9. I can't \_\_\_\_\_ all these emails — there are too many!
- 10. She's been working nonstop for weeks. I think she's going to \_\_\_\_\_ soon.
- 11. You need to \_\_\_\_\_ your classmates if you want to pass the test.
- 12. After a stressful day, I just want to sit on the couch and \_\_\_\_\_.
- 13. You can't \_\_\_\_\_ now — the deadline is tomorrow!

## Exercise 2: Match the phrasal verb to its meaning

1. bounce back    a. to make someone feel happier
2. catch up with    b. to recover quickly
3. mess up    c. to reach the same level as others
4. cheer (sb) up    d. to do something badly or incorrectly
5. keep up with    e. to continue performing at the same level
6. fall behind    f. to not make as much progress as others
7. deal with    g. to handle a problem or situation
8. pile up    h. to have too much work or things to do
9. zone out    i. to mentally disconnect or stop paying attention
10. slack off    j. to stop working hard or lose motivation

11. burn out    k. to become extremely tired or exhausted
12. switch off    l. to relax and stop thinking about work

### Exercise 3: Translate into English

1. Muszę nadrobić zaległości w pracy.
2. Po kontuzji wróciła do formy bardzo szybko.
3. Naprawdę zepsułem to zadanie.
4. Przyniosłem jej kwiaty, żeby ją pocieszyć.
5. Zaczynam zostawać w tyle z projektem.
6. Przestań się obijać i weź się do pracy!
7. Po pracy lubię się wyłączyć i odpocząć.
8. Wszystko się piętrzy, a ja nie wiem, jak sobie z tym poradzić.
9. On tak się wypalił, że musiał wziąć długie wakacje.

### Exercise 4: Choose the correct option

1. I know I \_\_\_\_\_ the presentation, but I'll do better next time.  
a) caught up with    b) messed up    c) bounced back
2. After being sick for weeks, he finally \_\_\_\_\_.  
a) cheered up    b) caught up with    c) bounced back
3. Can you help me \_\_\_\_\_ my sister? She's feeling down.  
a) mess up    b) catch up with    c) cheer up
4. He took some time off and now he's trying to \_\_\_\_\_ work.  
a) catch up with    b) bounce back    c) mess up
5. It's hard to \_\_\_\_\_ all the new updates in technology.  
a) fall behind    b) keep up with    c) pile up
6. Working nonstop without breaks can cause you to \_\_\_\_\_.  
a) burn out    b) cheer up    c) mess up