

Feelings and emotions

1 Match what the people say to what they are feeling.

I have **NOTHING** to do. e

- I forgot my boyfriend's birthday! ____
- I watched a horror film last night. ____
- I'm doing exams all this week. ____
- I walked into my house and everyone was there to celebrate my birthday! ____
- I'm having a nice hot bath. ____
- My friend is eating ice cream with tomato sauce. ____

a excitement and surprise	e boredom
b embarrassment	f relaxation
c stress and worry	g disgust
d fear	

2 Complete the sentences with the **-ed** or **-ing** adjective form of the words in brackets.

People who talk all the time are **annoying** (annoyance).

- All my friends are away this weekend; I'm so ____ (boredom).
- In some countries people eat snake. I think it's ____ (disgust).
- Marina forgot her words in the play, so she was really ____ (embarrassment).
- My brother is ____ (excitement); he graduated!
- Reading a good book in bed is ____ (relaxation).

3 Complete the sentences with the correct form of the words (noun or adjective).

Mum is **angry** (anger) with me because I came home late last night.

- My sister doesn't understand my ____ (annoy) at her borrowing my clothes without asking me first.
- That was definitely the most ____ (bore) film I've ever seen!
- Some people get a feeling of ____ (disgust) at the thought of eating insects. I certainly do!
- Have you got a ____ (frighten) of spiders?
- It's always ____ (stress) when you have exams.
- Dad found it ____ (surprise) that I had cooked dinner for the family.
- Geraldine is ____ (worry) that her friend will get in trouble.
- He felt great ____ (embarrass) when he couldn't answer the teacher's easy question.

Music, mood and health

4 Complete the words in the dialogues.

A What do you usually do when you're in a bad mood?
B I go to the gym and work out.

1 A Why did you t the music o?
B Because it was so loud that I couldn't hear myself think!

2 A When I'm out jogging, I listen to loud music.
B Me too! And if I want to go fast, I listen to hip hop. It s u my running.

3 A Hey, don't be sad. Shall I play some music?
That might c u.

B Sure. Let's listen to Drake's new song.

4 A Heather! T d that music. Now!
B Sorry, Mum.

5 A You've been very busy this week, Dan.
B I know, but at the weekend I'll be able to s d and relax.

5 Choose the correct words.

Hey Wendy,

How are your exams going? I was feeling really stressed last week because I couldn't seem to distract / concentrate / reduce on my revision, but I've (1) calmed down / sped up / turned off a little now and I feel more relaxed.

It's all thanks to a music company called focus@will. It's got a music streaming site like Spotify or Pandora, but the music is different. It's not the kind of music that you want to turn (2) up / down / off and (3) affect / speed up / sing along to. It's music that (4) cheers up / increases / slows down your ability to focus.

It's hard to explain, but the music (5) increases / affects / reduces your brain and stops things from (6) distracting / concentrating / improving you. I've been using it for about three days now and my ability to study has really (7) reduced / improved / turned down.

You should go online and listen to it so you'll understand what I'm talking about.

See you at the weekend,
Stephen