UNIT 3: TEEN STRESS AND PRESSURE

I.Choose the correct answer:

1.Adolescence is the period _____ child and young adulthood

a. for b.between

c.and d.from

2.Your body will change in shape and_____

a.height b.high

c.tall d.taller

3.Your brain will grow and you'll have improved self-control and_____ skills

a.housekeeping b.reasoning

c.social d.emotion control

4.They can't decide who _____ first

a.go b.to go

c.went d.going

5.The girls are making fun ____ me so I'mvery embarresed

a.to b.for

c.with d.of

6.Physical changes are different for every, so you don't need to feel embarrased or_____

a.frustrated b.tense

c.confident d.delighted

LIVEWORKSHEETS

7.I wish my parents could put themselves in my _____

a.situation b.shoes
c.feelings d.heart

8.Do you need to be that stressed_____?

a.on b.in
c.out d.with

9.My mother is a strong person. She stays_____ even in the worst situations

a.calm b.healthy
c.tense d.confident

10.You've been a bit tense lately so you need to _____ a break.

a.get b.take
c.has d.let

11.His father wants him to get the_____ score in this exam

a. high b.higher
c.highest d.as high as

12.She has _____because she has a big assignment to complete

a.frustration b.frustrated
c.frustrating d.frustratedly

13. We need to prepare food, do laundry and chores at home. It's _____

LIVEWORKSHEETS

a. Social skill b. Self-care skills
c.Housekeeping skill d.Cognitive skills
14.I've won an essay contest. ----
_____!
a. Congratulations! b.It's interesting
c.Oh poor! d. Good!
15.Your friend stayed up late studying for an important exam.
a. Well done!
b.Stay calm. Everything will be all right.
c.I know how you feel
D.A really great job.
16.The two countries agreed to _____ full diplomatic relations.
a.give up b.set up
c.deal with d.over come
17.It's difficult to _____ changes in technology.
a. go with b.look through
c.keep up with d.turn up
18.Six people applied for the job, but four of them were _____
a.turned down b.turned up
c.turned on d.turned off
19. It I _____ in your shoes, I'd take it easy and try to forget it.

LIVEWORKSHEETS

a.are b.am
c.were d.have

20.We should cooperate with others and resolve conflicts or have communication skills .
It's_____
a.Social skills
b.Housekeeping skills
c.Emotion control skills
d.Self-care skills

21.Magic number 18001567 is a _____toll free service.
a. 24 hours b. 24-hours
c. 24 – hour d.24 hour

II. Use the correct form of the words:

1. You'll experience _____ changes as well **(emotion)**
2.You'll feel you want more independence and _____**(responsible)**
3.We need adult support and _____ to make informaed decision and overcome stress **(guide)**
4. She is no longer in her _____ **(adolescent)**

LIVEWORKSHEETS

5. I feel _____ when I have to wait for the bus in that neighbourhood**(worry)**

6. She is having too high_____from her parents **(expect)**

7.Bill was_____about the exam result **(disappoint)**

8.Mai is feeling so _____ with her fashionable new hairstyle **(delight)**

9.I think taking a _____ class is a good idea if you want to be more confident **(speak)**

10.Linh is feeling a bit _____ about her study because she's failed the exam once again **(frustrate)**

11.One of the _____ in my hometown is the traditional market,which is open every Sunday **(attract)**

12.What are the differences between Dong Ho _____ and Sinh ones?**(paint)**

13.This is a very beautiful piece of_____ **(embroider)**

14._____is one of the biggest problems in this city **(employ)**

15.Photography is strictly_____ in this museum **(forbid)**

LIVEWORKSHEETS

16.Do you know what is the most _____town in this region? **(population)**

17.Remember to visit the Ancient Tower as it's the only_____ building in our area **(history)**

18.I feel so _____because I can't run as fast as my friends **(embarrass)**

19._____ can help you succeed in many fields **(confident)**

20.Find out more about the job so that you can make an _____choice **(inform)**

LIVEWORKSHEETS