**Activity 9: Match the words (1-4) with their antonyms (a-d) based on the reading context:**

| | |
|---|---|
| 1. nervous | a. slow down |
| 2. stressful | b. increase |
| 3. speed up | c. confident |
| 4. reduce | d. normal |

**Activity 10: Write some words that collocate (go together with) the given words.**

1. ..*look*.. **nervous**
   .....
   .....
   .....

2. **to respond** .....to sth
   .....
   .....
   .....

3. **to get rid of** .....
   .....
   .....

4. to ..... **stress**
   .....
   .....

LIVEWORKSHEETS