

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

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3. **to get rid of**

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4. to **stress**

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