Put the right word into the sentences

alive and kicky	live wire	groggy	on your last legs
run-down	shattered and frazzled	bubbly and vibrant	beat
spring in his step	get-up-and-go	full of beans	a lot on her plate
running on fumes	detached	run out of steam	takes it out of me

1. I'm feeling _____ today! Life is too short to stay in one place and not experience the world. 

2. What is causing this _____ feeling? Is there something we can do to help? 

3. I woke up feeling _____this morning, like I had been up all night. I think I need a strong cup of coffee to get me going! 

4. When you're _____, it can feel like you have nothing left to give. You're exhausted and drained, and all you want to do is just rest. 

5. When you have a lot of, _____you're full of energy and enthusiasm. You're ready to tackle any challenge. It's a great feeling! 

6. Have you been pushing yourself too hard lately? It can be easy to_____ if you're not taking care of yourself. 

7. A_____ is someone who is full of energy and enthusiasm. They're always on the go and ready to take on any challenge that comes their way. They're a bundle of energy and joy! 

8. John had been feeling _____ for weeks, so he decided to take a break and get away from it all. He packed his bags and headed to the beach, determined to be _____ again. 

9. I`ve never known anyone be so _____ before breakfast. 

10. There`s been a definite_____ ever since he met Joana. 

11. She`s got _____- especially with 2 new projects strating this week. 

12. He plays a struggling writer whose self confidence is _____. 

13. She seemed a bit _____as if her mind were on other things. 

14. Running around afetr 25 preschoolers _____ by the end of the week. 

LIVEWORKSHEETS