

4 Being active Extra practice

4.0 Vocabulary Phrasal verbs: well-being

1 * Complete the sentences with **down**, **out** and **up**. Use each word twice.

- 1 Cheer! You look so miserable.
- 2 You're walking too fast. Slow!
- 3 Let's relax and get this afternoon.
- 4 He's really angry and needs to calm
- 5 I always open to my mum and tell her everything.
- 6 I stretch to loosen at the gym twice a week.

2 ** Choose the correct option.

- 1 You should **liven up** / **cut down** on the amount of sugar you have. It isn't healthy.
- 2 Robbie is very quiet. He never **cheers up** / **joins in** with anything.
- 3 It isn't good to run around all the time. You should try to **stress out** / **slow down** more.
- 4 When I'm stressed out, I do yoga. It always **sets me up** / **calms me down** after a hard day.
- 5 'Why's Jenna unhappy?' 'I'm not sure, but let's do something to **get out** / **cheer her up**.'
- 6 It can be difficult to **open up** / **take up** about your problems to someone.

3 *** Complete the dialogue with the phrasal verbs.

calm down cheer up cut down stress out open up loosen up

- Ali** Come on, Lucy, (1)! Why are you so unhappy?
- Lucy** It's my exams. I'm really stressed out about them. I study for hours every day, but I can't remember anything. I worry that I'm going to fail my exams then I (2)
- Ali** It sounds like you're studying too much. I think you need to (3) on the number of hours you study and try to do some exercise.
- Lucy** Exercise? How will that help?
- Ali** It's the best thing to do when you're stressed or feeling worried. Why don't you go swimming or (4)..... at the yoga class after school? It's a great way to (5) and feel more relaxed.
- Lucy** But what about my revision?
- Ali** It'll be easier to concentrate when you're less stressed out.
- Lucy** OK, I'll try that. Thanks for listening to me, Ali. You're very supportive.
- Ali** That's what friends are for, Lucy. You can (6) to me and talk about your problems whenever you like.