

Vocabulary Unit 4



Feelings and emotions

1 Match what the people say to what they are feeling.

I have NOTHING to do. e

1 I forgot my boyfriend's birthday!

2 I watched a horror film last night.

3 I'm doing exams all this week.

4 I walked into my house and everyone was there to celebrate my birthday!

5 I'm having a nice hot bath.

6 My friend is eating ice cream with tomato sauce.

a excitement and surprise e boredom

b embarrassment f relaxation

c stress and worry g disgust

d fear

2 Complete the sentences with the **-ed** or **-ing** adjective form of the words in brackets.

People who talk all the time are annoying (annoyance).

1 All my friends are away this weekend; I'm so (boredom).

2 In some countries people eat snake. I think it's (disgust).

3 Marina forgot her words in the play, so she was really (embarrassment).

4 My brother is (excitement); he graduated!

5 Reading a good book in bed is (relaxation).

3 Complete the sentences with the correct form of the words (noun or adjective).

Mum is angry (anger) with me because I came home late last night.

1 My sister doesn't understand my (annoy) at her borrowing my clothes without asking me first.

2 That was definitely the most (bore) film I've ever seen!

3 Some people get a feeling of (disgust) at the thought of eating insects. I certainly do!

4 Have you got a (frighten) of spiders?

5 It's always (stress) when you have exams.

6 Dad found it (surprise) that I had cooked dinner for the family.

7 Geraldine is (worry) that her friend will get in trouble.

8 He felt great (embarrass) when he couldn't answer the teacher's easy question.

Music, mood and health

4 Complete the words in the dialogues.

A What do you usually do when you're in a bad mood?

B I go to the gym and work out.

1 A Why did you t the music o ?

B Because it was so loud that I couldn't hear myself think!

2 A When I'm out jogging, I listen to loud music.
B Me too! And if I want to go fast, I listen to hip hop. It's s u my running.

3 A Hey, don't be sad. Shall I play some music?
That might c you u .

B Sure. Let's listen to Drake's new song.

4 A Heather! T d that music. Now!
B Sorry, Mum.

5 A You've been very busy this week, Dan.
B I know, but at the weekend I'll be able to s d and relax.

5 Choose the correct words.

Hey Wendy,
How are your exams going? I was feeling really stressed last week because I couldn't seem to distract / concentrate / reduce on my revision, but I've (1) calmed down / sped up / turned off a little now and I feel more relaxed.

It's all thanks to a music company called focus@will. It's got a music streaming site like Spotify or Pandora, but the music is different. It's not the kind of music that you want to turn (2) up / down / off and (3) affect / speed up / sing along to. It's music that (4) cheers up / increases / slows down your ability to focus.

It's hard to explain, but the music (5) increases / affects / reduces your brain and stops things from (6) distracting / concentrating / improving you. I've been using it for about three days now and my ability to study has really (7) reduced / improved / turned down.

You should go online and listen to it so you'll understand what I'm talking about.

See you at the weekend,
Stephen