

WORKSHEET

Date: 08/09/2024
KET 3-Unit 6



Teacher's
feedbacks

**Task 1: Fill in the blanks with -ed or -ing Adjectives**

1. The results of the exam were _____ (disappoint), and the students felt sad.
2. I was _____ (embarrass) when I forgot my lines during the presentation.
3. The book was so _____ (interest) that I couldn't stop reading it.
4. She found the speech very _____ (inspire) and decided to pursue her dreams.
5. He was _____ (annoy) by the loud noise outside his window.
6. My brother is really _____ (excite) about starting his new job next week.
7. The long hike was _____ (exhaust), and everyone was ready to rest.
8. I was _____ (confuse) by the instructions because they weren't clear.
9. The clown was _____ (amuse), and all the children were laughing.



Task 2: Read and choose correct answer.

Understanding and Managing Fears

Everyone has fears. Some people are afraid of spiders, while others may fear flying in airplanes or speaking in front of large groups. These fears can be small or large, but they all have an impact on how we live our lives. However, it's important to remember that fear is a natural response and something we can manage.

Why Do We Feel Fear?

Fear is our body's way of protecting us from danger. When we are afraid, our heart beats faster, our palms sweat, and our muscles get tense. This is called the "fight or flight" response, which prepares us to either fight the danger or run away from it. While this is useful when we are in physical danger, many of our modern fears are related to situations that are not truly life-threatening, like exams, interviews, or public speaking.

Common Fears and How to Handle Them

One of the most common fears people have is the fear of failure. This fear can stop people from trying new things because they are afraid of making mistakes. To manage this fear, it's helpful to focus on learning from failure rather than being perfect. Another common fear is public speaking. Many people feel nervous about speaking in front of others because they worry about being judged or saying something wrong. To overcome this fear, it helps to practice speaking in front of smaller groups and to remember that everyone makes mistakes.

Overcoming Fear

The best way to overcome fear is by facing it little by little. If you are afraid of speaking in front of others, start by talking to a small group of friends. If you are afraid of failure, try new things and allow yourself to make mistakes. With practice and patience, fears can become easier to manage, and they won't stop you from doing the things you want to do in life.

Question:*1. Why do we feel fear?**

- A. Because it is fun.
- B. Because our body is trying to protect us from danger.
- C. Because it helps us relax.
- D. Because it makes us laugh.

**2. What happens to our body when we are afraid?**

- A. Our heart beats slower and we feel calm.
- B. Our heart beats faster and we feel tense.
- C. We become very sleepy.
- D. We feel no change at all.

3. What is the "fight or flight" response?

- A. A way our body helps us fall asleep.
- B. A response that helps us fight or run from danger.
- C. A method to help us do better in exams.
- D. A way to avoid doing anything difficult.

4. What is a common fear people have according to the text?

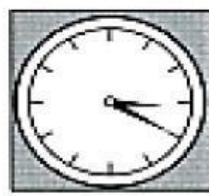
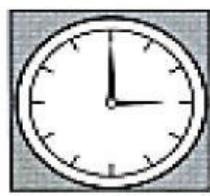
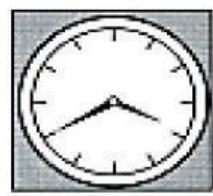
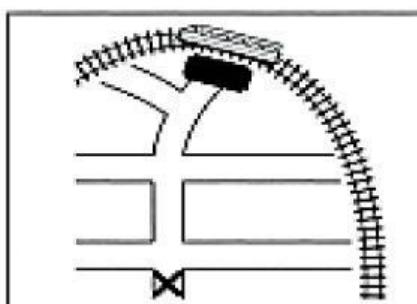
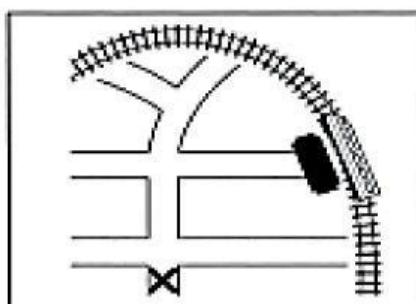
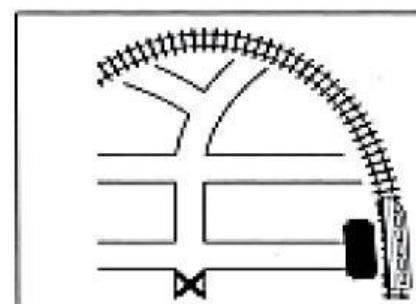
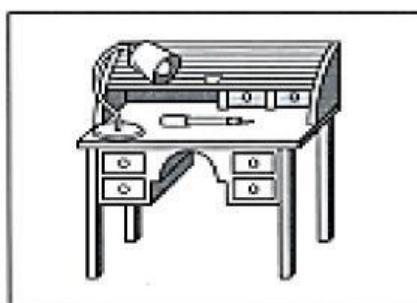
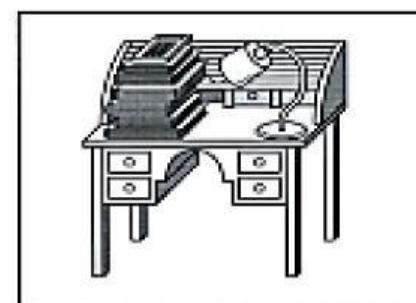
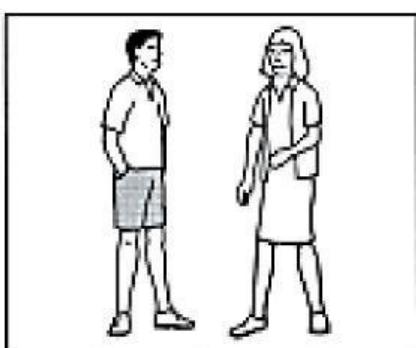
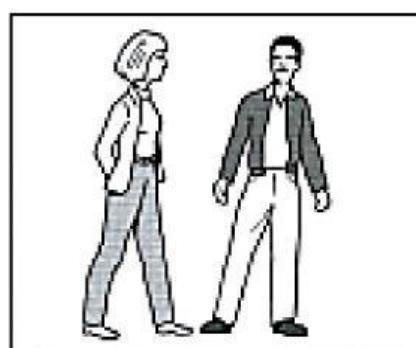
- A. Fear of trying new food.
- B. Fear of flying.
- C. Fear of failure.
- D. Fear of driving.

5. How can people overcome the fear of public speaking?

- A. By avoiding speaking in public altogether.
- B. By practicing speaking in front of small groups.
- C. By writing everything down instead of speaking.
- D. By ignoring everyone when they speak.

6. What is the best way to overcome fear, according to the text?

- A. By facing it step by step.
- B. By avoiding it completely.
- C. By forgetting about it.
- D. By waiting for it to go away on its own.

**Task 3: Listen and choose answer.****Example:** What's the time?A B C **1** Where is the station?A B C **2** Where did the woman put the calculator?A B C **3** Where is Helen?A B C

4 Which building was hit by lightning?



A



B



C

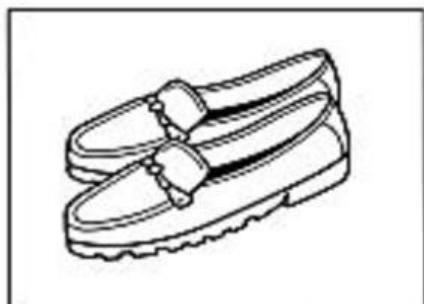
5 What does the woman want to buy?



A



B



C

6 Which picture does the woman decide to send?



A

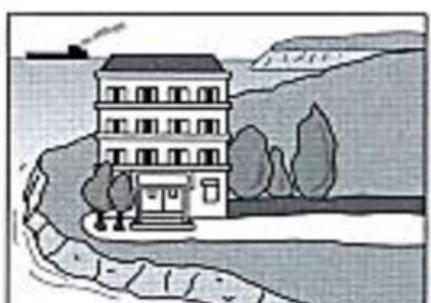


B



C

7 Which hotel has the man chosen?



A



B



C