

Everybodyup5 – Unit 1 – Lesson 2

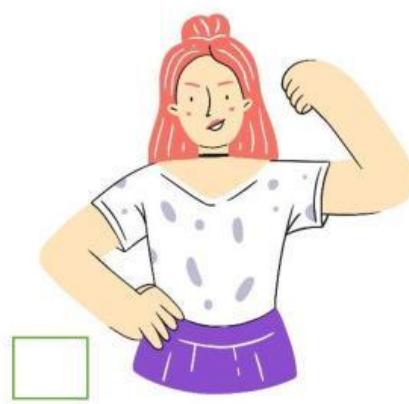
A. VOCABULARY

Exercise 1: Tick the correct pictures.

1. She is shy.



2. She is confident.



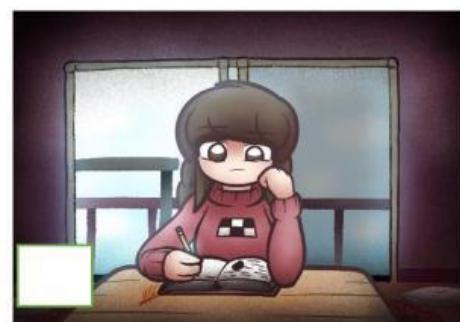
3. He is relaxed.



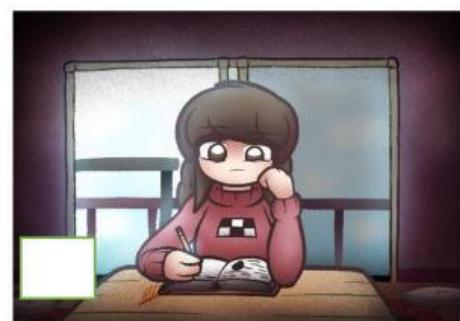
4. He is nervous.



5. She is wide-awake.



6. She is sleepy.



Exercise 2: Fill in the blanks

Word list: relaxed, shy, nervous, wide-awake, confident, sleepy.

1. Before her big presentation, she felt _____ but tried to stay calm.
2. He usually feels _____ when he meets new people.
3. After drinking a cup of coffee, I was _____ and couldn't sleep.
4. She was feeling _____ after the long day and decided to take a nap.
5. Even though it was a difficult task, he felt _____ about completing it on time.
6. After a nice massage, I felt completely _____ and ready to enjoy the day.

Exercise 3: Match the words with the correct definitions by writing the letters next to the words.

Words

Relaxed

Shy

Nervous

Wide-awake

Confident

Sleepy

Definitions

- A. Feeling very alert and unable to sleep
- B. Feeling comfortable and calm
- C. Feeling uncomfortable when meeting new people
- D. Feeling self-assured
- E. Feeling anxious before an event
- F. Feeling drowsy and wanting to sleep

B. GRAMMAR

Exercise 1: Circle the correct answers

1. I relaxed, but he felt nervous
A. feel
B. feeled
C. felt
2. I felt wide-awake, but she felt
A. sleep
B. sleepy
C. slept
3. She felf
A. relax
B. relaxing
C. relaxed
4. How you feel when you rode a roller coaster?
A. do
B. did
C. were

Exercise 2: Fill in the blanks

1. How you feel when you learned how to dive?
I excited.
2. How did she feel when she a roller coaster?
She nervous.
3. How Amie feel about the competition?

She felt confident.

4. Do you feel relaxed when you a roller coaster?

Exercise 3: Rearrange the words.

1. did/feel/you/how/a/in/play/acted/when?

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2. felt/I/nervous.

.....

3. did/she/How/feel/Lisa/a/won/competition/when?

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4. Felt/she/confident.

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C. LISTENING

Exercise 1: Listen and number (Track 10 – CD1)



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Exercise 2: Listen and write (Track 11 – CD1)

1. I felt , but he felt
2. I felt , but she felt
3. I felt , but she felt
4. I felt , but he felt
5. I felt , but he felt
6. I felt , but she felt

D. WRITING

Exercise 1: Look at the pictures and make the sentences.



1.

2.

3.

Exercise 2: When do you feel confident? Answer in 3-5 sentences.

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