

VOCABULARY WORKSHEET

Subject: INGLÉS

Grade: _____

Level: SECONDARY

Date: _____

Student's name: _____



1 ☆ Match the definitions with the words in the box.

conventional dull exhausting harmful
hectic inspiring physically active satisfying
stressful thrilling

- 1 of the usual, traditional or accepted type _____ conventional
- 2 full of busy activity _____
- 3 extremely exciting _____
- 4 involving or causing a lot of pressure or worry _____
- 5 making you feel extremely tired _____
- 6 causing damage or problems _____
- 7 making you feel enthusiastic or excited about something _____
- 8 making you feel pleased or happy _____
- 9 boring, or not interesting _____
- 10 moving your body _____

be energetic and lively calm down
disconnect drop out (of)
get into (a new activity) sit back and relax
take it easy take your mind off (something)

2 ☆ Match sentence beginnings 1–6 with endings a–f.

- 1 I can't sit **back** _____ b
- 2 We first **got** _____
- 3 My sister had to **drop** _____
- 4 Please just **calm** _____
- 5 **Put your feet** _____
- 6 This is exhausting. Let's **take** _____

- a **out of** the team when she went to university.
- b **and relax** when someone else is working.
- c **a breather** before we carry on.
- d **into** kayaking while camping in Canada.
- e **down!** There's a solution for everything!
- f **up** while I get you something to eat.

Match definitions 1–6 with expressions for exercise 3.

- 1 start enjoying a new activity _____
- 2 stop thinking about something unpleasant _____
- 3 have a lot of energy and be active _____
- 4 take a short rest, normally after exercise _____
- 5 to make parts of your body more powerful _____
- 6 rest after being busy so that you're ready to start again _____