

### 1 Choose the correct alternative.

- 1 Our sports coach is used to **dealing with / getting over** problems during practice sessions.
- 2 Monica was upset when she failed the exam. It took a long time to **go through / get over** it.
- 3 This rain **gets me down / puts me down**. I can't wait for the summer.
- 4 George had to **go through / get over** two long interviews before he got a place at university.
- 5 Ari suggested we **get through / try out** the new exam practice app.
- 6 Chloe is always **putting herself down / getting her down**. She doesn't realise how clever she is.

### 2 Complete the sentences using the words below.

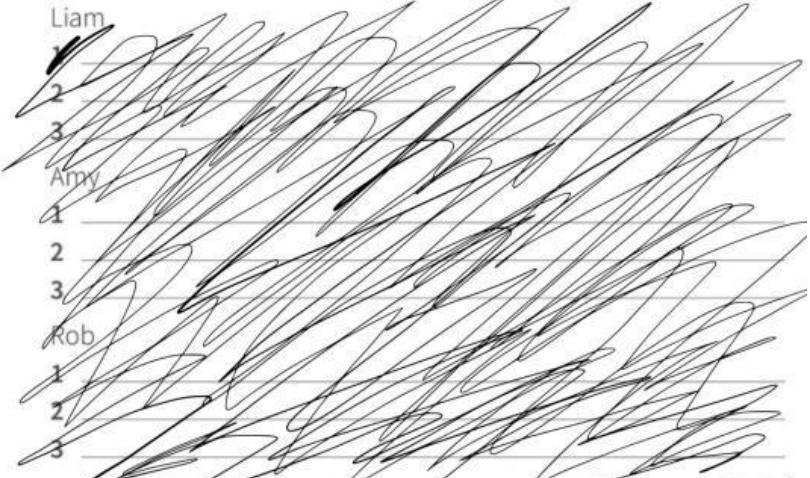
accept avoid face focus share take

- 1 Sometimes it's hard to \_\_\_\_\_ you've made a mistake.
- 2 When you're an adult you have to \_\_\_\_\_ responsibility for your actions.
- 3 Some people \_\_\_\_\_ danger in their everyday jobs: for example, fire fighters or police officers.
- 4 Mike needs to \_\_\_\_\_ on what is making him unhappy, so he can start to get over it.
- 5 When I was younger, I had to \_\_\_\_\_ a bedroom with my sister, but now I have my own space.
- 6 It's a good idea to \_\_\_\_\_ people who complain a lot. They'll get you down.



### 3 Look at the photo. Think about the questions.

- 1 What do you think a food bank does?
- 2 Why do people use food banks?
- 3 What help can food banks offer people?



### 6 MEDIATION A friend who is studying in the UK has written to you.

~~She has some free time and wants to do some work that helps people. Write to her telling her about the food bank in your own words and giving two reasons why you think she would like it.~~

### 7 Read what three food bank volunteers say about helping others. Use the correct form of the words below.

accept ask avoid deal face focus get  
go listen over put share take try

**John** When Liam came to us, he didn't have a place to live or any money. It was <sup>1</sup>\_\_\_\_\_ him down, but he obviously didn't know who to <sup>2</sup>\_\_\_\_\_ for help. At first, he didn't want to <sup>3</sup>\_\_\_\_\_ to advice, but I suggested a few things he could <sup>4</sup>\_\_\_\_\_ out to help him find somewhere to live. I think it made him realise he needed to <sup>5</sup>\_\_\_\_\_ responsibility for changing his life. I'm glad I was able to help him.

**Samira** Amy feels bad that she can't afford to feed her kids during the holidays. That's not easy to <sup>6</sup>\_\_\_\_\_ with, but we've talked about it, and she <sup>7</sup>\_\_\_\_\_ that she can't do everything. I've told her, 'Don't <sup>8</sup>\_\_\_\_\_ yourself down – you're doing an amazing job of looking after your kids'. And I've introduced her to other mums so she can <sup>9</sup>\_\_\_\_\_ her experiences with them, because they understand what she's <sup>10</sup>\_\_\_\_\_ through. She seems much happier now.

**Alex** Rob was embarrassed about using our food bank and was <sup>11</sup>\_\_\_\_\_ his family and friends. It was a difficult time for him. I tried to explain that if he wanted to get <sup>12</sup>\_\_\_\_\_ it, he needed to <sup>13</sup>\_\_\_\_\_ the obstacles in his life, not run away from them. Yesterday he sent me a text saying he's really trying to <sup>14</sup>\_\_\_\_\_ on the positive things, like his lovely daughter. He says things are getting better and he thanked me. That's really nice to hear.

### 8 Read the comments. What ~~purposes~~ **LIVE WORKSHEETS**