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?

Liam
1
2
3
Amy
1
2
3
Rob
1
2
3

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 [1]_____ him down, but he obviously didn't know who to [2]_____ for help. At first, he didn't want to [3]_____ to advice, but I suggested a few things he could [4]_____ out to help him find somewhere to live. I think it made him realise he needed to [5]_____ 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 [6]_____ with, but we've talked about it, and she [7]_____ that she can't do everything. I've told her, 'Don't [8]_____ yourself down – you're doing an amazing job of looking after your kids'. And I've introduced her to other mums so she can [9]_____ her experiences with them, because they understand what she's [10]_____ through. She seems much happier now.

Alex Rob was embarrassed about using our food bank and was [11]_____ his family and friends.It was a difficult time for him. I tried to explain that if he wanted to get [12]_____ it, he needed to [13]_____ the obstacles in his life, not run away from them. Yesterday he sent me a text saying he's really trying to [14]_____ 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. Write ... phrases from the lesson.

LIVEWORKSHEETS