1 VOCABULARY adjectives ending *-ed* and *-ing*

a Circle the correct adjective.

HOW TO SURVIVE THE WINTER

If you're in the middle of a long, dark winter and are beginning to feel a bit [1] *depressed / depressing* about spending another cold weekend at home, don't worry – here are some things you can do to make yourself feel better.

Get moving

Exercise is one of the best things you can do. But remember that doing just one kind of exercise can get a bit [2] *bored / boring*, so try different things. Go swimming, go for a walk, get on a bike, etc.

Eat chocolate

The newspapers all got very [3] *exciting / excited* recently about reports that chocolate is good for you – and it seems to be true. Chocolate contains tryptophan, which makes you feel happier and more [4] *relaxed / relaxing*.

Book a holiday abroad or a weekend away

It always helps to do something different. A holiday somewhere hot – or a skiing holiday – can mean you get to see the sun. But if you don't have much money after Christmas or you're [5] *frightened / frightening* of flying, a weekend away close to home also gives you something to look forward to.

Read a book

Turn off your phone and the TV, and shut down your laptop. Go to your local bookshop – these usually have all kinds of [6] *interested / interesting* books you can read.

See people

Not online, but in real life. Invite people to your house for dinner. In the middle of winter, an evening in front of the fire with family and friends is really [7] *relaxed / relaxing*.

LIVEWORKSHEETS