NAME: _____

FCE Reading Part 7 – Teen Emotions: How We Handle Feelings

You are going to read four short texts about how teenagers feel and manage different emotions.
For questions 1–10, choose from the teenagers (A–D).
The teenagers may be chosen more than once.

A. Lily

When I feel **stressed** about school, I like to go for a short walk or listen to music. It helps me calm down and think clearly. I also write down my worries in a notebook, which makes me feel more in control. Talking to my best friend about the problem sometimes helps too, especially if I need advice or just to feel supported. I've learned that noticing my emotions and taking small actions can prevent them from becoming overwhelming.

B. Tom

I often feel **nervous** before sports competitions. I used to get really anxious, but now I try to focus on **positive thinking** and visualize doing well. Breathing exercises before the game help me relax. Even if I make a mistake, I remind myself that it's okay and part of learning. This attitude makes sports more fun and less stressful, and I feel proud when I handle my nerves calmly.

C. Sofia

Sometimes I feel **lonely** or sad when friends are busy. Instead of feeling worse, I try to do something creative like drawing, baking, or reading a book. It gives me a sense of accomplishment and improves my mood. I also send messages to family or friends to check in—it helps me feel connected. I've realized that keeping busy and doing small enjoyable things helps me manage sadness positively.

D. Alex

I can get **angry** quickly if something doesn't go my way. I've learned that taking a few deep breaths or counting to ten helps me calm down before reacting. I also like to go for a short run or do push-ups to release tension. Afterward, I feel calmer and can think clearly. Talking about the problem later, when I'm calmer, usually helps me find a solution without hurting anyone or myself.

Which teenager…

LIVEWORKSHEETS

1. keeps a record of their worries to stay in control?
2. prepares mentally by imagining success before a task?
3. improves their mood through hobbies or creative projects?
4. seeks advice or comfort from a friend when upset?
5. uses exercise to release strong feelings?
6. calms themselves with controlled breathing?
7. maintains connection with others to feel less alone?
8. takes action early to prevent emotions from getting out of hand?
9. reminds themselves that errors are a normal part of learning?
10. waits until calmer to handle a problem effectively?

LIVEWORKSHEETS