

Name: _____

Part 1 – Multiple Choice Cloze: Managing Stress and Anxiety

Read the text and choose the correct word (A, B, C, or D) for each gap. Only one answer is correct.

Stress is common for teenagers, especially during exams or competitions. Many students feel (1) _____ when they have too many tasks. One way to manage stress is by doing physical exercise, which is often (2) _____ effective than just watching TV. Listening to music while studying can also be (3) _____ helpful as taking a short walk outside. Talking to friends about worries is sometimes the best way to feel supported, and it is important to notice your feelings before they become (4) _____ overwhelming.

Some teenagers also find writing down their thoughts in a journal very (5) _____. Breathing exercises can be (6) _____ calming than simply sitting quietly. Learning to organize your time can make schoolwork less (7) _____ and even enjoyable. Finally, sharing problems with family members is often (8) _____ rewarding than trying to solve everything alone.

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|-----------------|-------------|--------------|-------------|
| 1. A) stressing | B) stressed | C) stressful | D) stress |
| 2. A) more | B) most | C) much | D) less |
| 3. A) as | B) so | C) so much | D) as much |
| 4. A) very | B) too | C) much | D) so |
| 5. A) helpful | B) helping | C) help | D) helped |
| 6. A) more | B) most | C) much | D) less |
| 7. A) stressful | B) stress | C) stressing | D) stressed |
| 8. A) more | B) most | C) much | D) less |

Part 2 – Open Cloze: Coping with Emotions Positively

Read the text and complete each gap with one word. Use only one word in each gap.

Feeling nervous or anxious emotions (1) _____ normal, but there are ways to manage effectively. Some teenagers find that focusing (2) _____ positive thoughts, instead of worrying about mistakes, can help **build** their confidence. Creative activities like drawing or baking also cheer them (3) _____ when they feel lonely. Others prefer to release tension through exercise or by taking deep breaths, (4) _____ helps them feel calmer responding before immediately when angry.

Keeping a daily routine can make life (5) _____ predictable and reduce stress. Talking to friends or family about feelings allows them to feel supported and (6) _____ lonely. Journaling or reflecting on the day can make them feel ore min control of (7) _____ emotions. Finally, recognizing small successes helps them stay motivated and deal (8) _____ challenges.