

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.

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 more in control of (7) \_\_\_\_\_ emotions. Finally, recognizing small successes helps them stay motivated and deal (8) \_\_\_\_\_ challenges.