

## Abstract nouns: personal qualities

### 1 Match the statements to the nouns.

- |  |                 |
|--|-----------------|
| 1 <u>a</u> 'The glass is half full.'                   | a optimism      |
| 2 ___ 'I'll always be your friend.'                    | b patience      |
| 3 ___ 'We'll never give up!'                           | c encouragement |
| 4 ___ 'I know exactly how you feel, I understand you.' | d determination |
| 5 ___ 'Go on! You can do it!'                          | e loyalty       |
| 6 ___ 'Let's try that again ... and again!'            | f empathy       |
| 7 ___ 'Live and let live.'                             | g tolerance     |
| 8 ___ 'Fear is the enemy.'                             | h courage       |

### 2 Are the sentences correct (C) or incorrect (I)?

- |  |  |
|--|--|
| 1 Explorers don't need a sense of adventure.         | C <input type="checkbox"/> I <input checked="" type="checkbox"/> |
| 2 Creativity needs skill and imagination.            | C <input type="checkbox"/> I <input type="checkbox"/>            |
| 3 Teams work well without co-operation.              | C <input type="checkbox"/> I <input type="checkbox"/>            |
| 4 Honesty means telling the truth.                   | C <input type="checkbox"/> I <input type="checkbox"/>            |
| 5 Commitment means sticking to your goals.           | C <input type="checkbox"/> I <input type="checkbox"/>            |
| 6 A sense of fair play is important in competitions. | C <input type="checkbox"/> I <input type="checkbox"/>            |

### 3 Complete the dialogues with the correct nouns.

- The climate crisis doesn't give young people much ... for the future.  
 (a) optimism      b sense of adventure
- I can't put up with my brother's loud music any longer. There's a limit to my ... for noise.  
 a tolerance      b optimism
- My friend has stood by me through all kinds of disasters. I really admire her ...  
 a honesty      b loyalty
- We're really impressed with Amir's .... He's never given up.  
 a determination      b empathy
- I don't think I could ever try bungee jumping. I just don't have the ....  
 a co-operation      b courage

## Phrasal verbs

### 4 Match the phrasal verbs with the definitions.

- |                   |   |
|-------------------|---|
| 1 <u>d</u> own up | a look at                               |
| 2 ___ stand by    | b help someone in a difficult situation |
| 3 ___ put up with | c not have any more of                  |
| 4 ___ run out     | d admit                                 |
| 5 ___ face up to  | e accept a difficult situation          |
| 6 ___ check out   | f tolerate                              |

### 5 Complete the dialogue with the particles below.

~~out~~ out over to with without

- Ade** Hey Mia, check <sup>1</sup> out this video, I'm sharing it with you now.
- Mia** Why? Is it funny? I can do <sup>2</sup> \_\_\_\_\_ more videos of people falling into swimming pools and things being knocked <sup>3</sup> \_\_\_\_\_ by cats.
- Ade** I'm afraid we'll just have to face up <sup>4</sup> \_\_\_\_\_ the fact that you have no sense of humour.
- Mia** Yes, I don't know how you put up <sup>5</sup> \_\_\_\_\_ me!
- Ade** Oh, I'm very tolerant, you know, but I'm running <sup>6</sup> \_\_\_\_\_ of patience!

### 6 Complete the dialogues with the phrasal verbs below.

~~owned up~~ put off put up with run out stand by work out

- 'Did you find out who broke the window?'  
'Yes, Billy owned up to it last night.'
- 'Can you delay your tennis lesson until tomorrow?'  
'Yes, I could \_\_\_\_\_ it \_\_\_\_\_ until then.'
- 'Is your friend loyal?'  
'Absolutely. I know she'll always \_\_\_\_\_ me.'
- 'I need to \_\_\_\_\_ the bill.'  
'Just get everyone to pay a quarter of the total.'
- 'Why are these shelves empty?'  
'Because the supermarket has \_\_\_\_\_ of rice.'
- 'Their behaviour is really silly.'  
'I know, but I've learned to \_\_\_\_\_ it.'

### 7 Complete the dialogues with the verbs below. Use the phrasal verbs in bold to help you.

admit broke calculate delayed ~~investigating~~ manage

- 'Are the police **checking out** the crime scene?'  
'Yes, they're investigating it now.'
- 'Who \_\_\_\_\_ my favourite vase?'  
'Not me! The cat must have **knocked it over**.'
- 'Did they **own up to** the robbery?'  
'No, they'll never \_\_\_\_\_ it.'
- 'The party's been **put off** again.'  
'That's the third time they've \_\_\_\_\_ it.'
- 'How will I **do without** my car?'  
'Oh, I think you'll \_\_\_\_\_.'
- 'How do they **work out** the total price?'  
'They \_\_\_\_\_ taxes and add them.'

For me, these exercises were ...  easy  OK  difficult

## -ing forms and infinitives with to

1 Complete the dialogues with the verb forms below.

going leaving making ~~moving~~ not to go  
reading to leave ~~to move~~ to read to say  
to shut down turning

- 'Where did you live before moving here?'  
'We lived in London, but we were glad to move.'
- 'Do you regret \_\_\_\_\_ those mistakes?'  
'No, I'm sorry \_\_\_\_\_ that I have no regrets.'
- 'Did you remember \_\_\_\_\_ the computer?'  
'I remember \_\_\_\_\_ it on, but I'm not sure if I turned it off.'
- 'I'm tired of \_\_\_\_\_ this book.'  
'Haven't you got something else \_\_\_\_\_?'
- 'Could the last one \_\_\_\_\_ please turn off the lights?'  
'I always turn them off before \_\_\_\_\_.'
- 'I'm really tired after \_\_\_\_\_ to bed late.'  
'It's a good idea \_\_\_\_\_ to bed so late.'

2 Choose the correct sentence.

- a It's a good idea to be prepared.  
 b It's a good idea being prepared.
- a Winning a competition isn't as important as taking part.  
 b To win a competition isn't as important as to take part.
- a She has an ability telling stories.  
 b She has an ability to tell stories.
- a Is this advice relevant to writing books?  
 b Is this advice relevant to write books?
- a We're delighted saying that it was a success.  
 b We're delighted to say that it was a success.
- a Our friendly neighbour always stops talking.  
 b Our friendly neighbour always stops to talk.

3 Complete the dialogue with the verb forms below.

~~meeting~~ not writing thinking to ask  
to forget to write writing

- Max Do you remember <sup>1</sup> meeting my Uncle Jack?
- Kai Yes, it's hard <sup>2</sup> \_\_\_\_\_ someone like that!
- Max I can't stop <sup>3</sup> \_\_\_\_\_ about the strange stories he told.
- Kai Do you think he ever thought about <sup>4</sup> \_\_\_\_\_ them down?
- Max No. Do you think he might regret <sup>5</sup> \_\_\_\_\_ them down?

- Kai It would be a good idea <sup>6</sup> \_\_\_\_\_ him.
- Max Maybe he should start a blog? We should get him <sup>7</sup> \_\_\_\_\_ one.

## Phrasal verbs

4 Put the phrasal verbs under the correct heading.

carry out count on end up get over  
let down ~~meet up with~~ pick up show up  
tell off ~~write down~~

### Separable phrasal verbs

write down, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Non-separable phrasal verbs

meet up with, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5 Are the sentences correct (C) or incorrect (I)?

- He got over his illness. C  I
- She asked over her friends. C  I
- Don't let me down. C  I
- Which hobby should I take up? C  I
- Sorry that we have to call off it. C  I
- Please take your shoes off. C  I

6 Complete the dialogues with the words in brackets in the correct order.

- 'When did they do the experiment?'  
'They carried it out \_\_\_\_\_ (it / carried / out) yesterday.'
- 'Is Henry reliable?'  
'Yes, you can \_\_\_\_\_ (him / count / on).'
- 'Did your friends visit today?'  
'Yes, they \_\_\_\_\_ (earlier / round / came).'
- 'It's a very important message.'  
'How can we \_\_\_\_\_ (it / get / across)?'
- 'What is a role model?'  
'It's someone that you \_\_\_\_\_ (to / look / up).'
- 'Whose bright idea was this?'  
'Jimmy \_\_\_\_\_ (up / it / with / came).'

For me, these exercises were ...  easy  OK  difficult

## Abstract nouns: personal qualities

### 1 Complete the blog post.

HOME      BLOG      ABOUT      LOG IN

What do you look for in a friend? Here are the six things I really value:

- \* <sup>1</sup> **Honesty** \_\_\_\_\_ because I want my friends to tell me what they really think. I can't stand liars.
- \* <sup>2</sup> **L** \_\_\_\_\_ because I really want to believe in 'best friends forever'.
- \* <sup>3</sup> **O** \_\_\_\_\_ because when I feel pessimistic about life, I need someone to tell me that things can only improve!
- \* A sense of <sup>4</sup> **a** \_\_\_\_\_ because I want someone who isn't afraid to try something new. There's so much to explore!
- \* <sup>5</sup> **P** \_\_\_\_\_ because I'm not always as mature as I should be.
- \* <sup>6</sup> **C** \_\_\_\_\_ because I've faced up to a few difficulties in my life, and I admire people who are brave and strong.

I hope I have these qualities to offer, too!

REPLY      COMMENT      SHARE

### 2 Complete the dialogues with the correct nouns.

- 1 'I don't think we should open that door.'  
'Why not? Where's your sense of adventure?'
- 2 'The other team always chooses the best players.'  
'Yes, they have no sense of \_\_\_\_\_.'
- 3 'Our neighbour has been playing the drums all day!'  
'I know, I can't put up with it any longer. There's a limit to my \_\_\_\_\_ for noise.'
- 4 'She stood by her friend through all kinds of disasters.'  
'You have to admire her \_\_\_\_\_.'
- 5 'His first three attempts ended in failure, but the last one was a great success.'  
'I'm really impressed with his \_\_\_\_\_.'
- 6 'That firefighter was really brave to save the child from the burning building.'  
'She deserves a medal for her \_\_\_\_\_.'

### 3 Match the two parts to make complete sentences. There are two letters that you do not need to use.

- |  |  |
|--|--|
| 1 <u>f</u> I admire her honesty          | a made her a great team player.                  |
| 2 _____ Her commitment to the project    | b made her a highly respected architect.         |
| 3 _____ Her creativity and determination | c means she never listens.                       |
| 4 _____ Her empathy                      | d helped us achieve our goals.                   |
| 5 _____ Her co-operation                 | e means she never sticks to her goals.           |
| 6 _____ Her encouragement                | f <del>although the truth sometimes hurts.</del> |
|  | g made her a great listener.                     |
|  | h means she hasn't taken a holiday for months.   |

## Phrasal verbs

### 4 Correct the mistakes in bold in the dialogue.

- Mo** Hey Lara, check **for** <sup>1</sup> out this video, I'm sharing it with you now.
- Lara** Why? Is it funny? I can do **with** <sup>2</sup> \_\_\_\_\_ more videos of people falling into swimming pools and things being knocked **out** <sup>3</sup> \_\_\_\_\_ by cats.
- Mo** I'm afraid we'll just have to face up **for** <sup>4</sup> \_\_\_\_\_ the fact that you have no sense of humour.
- Lara** Yes, I don't know how you put up **to** <sup>5</sup> \_\_\_\_\_ me!
- Mo** Oh, I'm very tolerant, you know, but I'm running **over** <sup>6</sup> \_\_\_\_\_ of patience!

### 5 Choose the correct phrasal verbs to complete the sentences.

- 1 A loyal friend will always ... you.  
a knock over      b put off      c stand by
- 2 It's time to ... the truth.  
a run out      b face up to      c own up to
- 3 I didn't finish the test because I ... of time.  
a checked out      b put off      c ran out
- 4 Greg ... to losing his friend's money.  
a worked out      b owned up      c did without
- 5 Dad has eaten all the cheese, so we'll have to ...  
a do without      b run out      c put up with
- 6 Don't forget to ... my blog.  
a put off      b check out      c knock over

For me, these exercises were ...  easy  OK  difficult

## -ing forms and infinitives with to

1 Complete the dialogues with the *-ing* form or the infinitive with *to*. Use the verbs in brackets.

- 'What do you think about staying (stay) at home this evening?'  
'Actually, I think it's better \_\_\_\_\_ (go) out. We haven't been out all week.'
- 'Is it a good idea \_\_\_\_\_ (read) in bed?'  
'Yes, \_\_\_\_\_ (read) always makes me feel sleepy.'
- 'Haven't you got anything \_\_\_\_\_ (do)?'  
'No, but it's important \_\_\_\_\_ (relax) from time to time.'
- 'I'm delighted \_\_\_\_\_ (say) that you've won a prize.'  
'And I was so worried about \_\_\_\_\_ (fail)!'
- 'Are you sad about \_\_\_\_\_ (leave) your job?'  
'To be honest, I was glad \_\_\_\_\_ (leave).'
- 'Do you remember your mum \_\_\_\_\_ (read) bedtime stories to you?'  
'Yes, she had the amazing ability \_\_\_\_\_ (make) any story exciting.'

2 Choose the correct words to complete the text messages.

Do you remember <sup>1</sup> \_\_\_\_\_ my cousin, Chloe?

Yes, it's hard <sup>2</sup> \_\_\_\_\_ someone like that.

I can't stop <sup>3</sup> \_\_\_\_\_ about the strange stories she told.

Do you think she ever thought about <sup>4</sup> \_\_\_\_\_ them down?

No, but I think she might regret <sup>5</sup> \_\_\_\_\_ them down.

It would be a good idea <sup>6</sup> \_\_\_\_\_ her.

Maybe she should start a blog? It would give her something <sup>7</sup> \_\_\_\_\_ in her free time!

- |                    |              |             |
|--------------------|--------------|-------------|
| 1 <b>a</b> meeting | b to meet    | c met       |
| 2 a forgot         | b forgetting | c to forget |
| 3 a thinks         | b to think   | c thinking  |
| 4 a writing        | b to write   | c wrote     |
| 5 a not writing    | b written    | c writing   |
| 6 a asking         | b to ask     | c asked     |
| 7 a did            | b doing      | c to do     |

3 Match the two parts to make complete sentences. There are two letters that you do not need to use.

- f He has a lot to say and it's difficult for him
  - \_\_\_\_\_ We aren't making progress, so let's think about
  - \_\_\_\_\_ Sorry, but he's too busy
  - \_\_\_\_\_ This can't be our shopping because I don't remember
  - \_\_\_\_\_ We've run out of milk because I forgot
  - \_\_\_\_\_ It's impossible
- a to buy some yesterday.  
b to talk right now.  
c doing something different.  
d to get over.  
e buying milk.  
f ~~to stop talking.~~  
g knowing you.  
h to avoid making mistakes in life.

## Phrasal verbs

4 Correct the mistakes in **bold** in the sentences. One sentence is correct.

- They **carried out it** yesterday.  
\_\_\_\_\_ carried it out
- He **came up the theory with**.  
\_\_\_\_\_
- A role model is someone that you **look up to**.  
\_\_\_\_\_
- Did you **pass on it**?  
\_\_\_\_\_
- He **got his illness over**.  
\_\_\_\_\_
- You can **count a loyal person on**.  
\_\_\_\_\_

5 Complete the dialogue with the correct form of the phrasal verbs below.

call off   count on   get over   go out with  
let down   ~~meet up with~~   not show up

- Kate Are you meeting your friends today?  
Jo Yes, I <sup>1</sup>'m *meeting up with* \_\_\_\_\_ them this evening.  
Kate What time?  
Jo Around eight o'clock, but I can't <sup>2</sup> \_\_\_\_\_ it. They <sup>3</sup> \_\_\_\_\_ always \_\_\_\_\_.  
Kate Why don't you <sup>4</sup> \_\_\_\_\_ it \_\_\_\_\_ and <sup>5</sup> \_\_\_\_\_ me?  
Jo But I don't want to <sup>6</sup> \_\_\_\_\_ them \_\_\_\_\_.  
Kate Don't worry! They'll <sup>7</sup> \_\_\_\_\_ it!

For me, these exercises were ...  easy  OK  difficult

## Abstract nouns: personal qualities

### 1 Complete the sentences with your own ideas.

- 1 People who need patience are teachers and parents.
- 2 Without courage and commitment you can't \_\_\_\_\_.
- 3 Honesty is important for \_\_\_\_\_.
- 4 Co-operation is necessary when you \_\_\_\_\_.
- 5 People with a sense of adventure enjoy \_\_\_\_\_.
- 6 Optimism is something that I \_\_\_\_\_.
- 7 Empathy is a quality that \_\_\_\_\_.

### 2 Answer the questions. Write complete sentences for each question.

- 1 When is a sense of fair play important? What do people with a sense of fair play do?  
A sense of fair play is important in games where we must respect the rules, but also in life in general.  
People with a sense of fair play respect the law and don't try to cheat.
- 2 Which jobs require creativity? How can you develop your creativity?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- 3 Is determination necessary in order to succeed? Why? / Why not?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- 4 What do you say to someone who needs encouragement? When do you need encouragement?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- 5 Which qualities do you and your best friend share? In what ways are you different?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- 6 How much tolerance do you have for people who don't share your beliefs? Why do you say this?  
 \_\_\_\_\_  
 \_\_\_\_\_

## Phrasal verbs

### 3 Complete each sentence so that it means the same as the first sentence. Use the phrasal verbs in brackets. Sometimes alternative answers are possible.

- 1 I need to investigate the new café. (check out)  
I need to check out the new café.
- 2 Food and water are essential. (do without)  
 We can't \_\_\_\_\_
- 3 That's the truth and you have to accept it. (face up to)  
 That's the truth and \_\_\_\_\_
- 4 I have to delay the party. (put off)  
 I have to \_\_\_\_\_
- 5 I can't tolerate this noise! (put up with)  
 I can't \_\_\_\_\_!
- 6 There's no more sugar. (run out)  
 We've \_\_\_\_\_

### 4 Complete the quiz with answers that are true for you.

#### Phrasal verbs quiz

- 1 I always run out of \_\_\_\_\_ time.
- 2 I couldn't do without \_\_\_\_\_.
- 3 The last thing I knocked over was \_\_\_\_\_.
- 4 I can't put up with \_\_\_\_\_.
- 5 I will always stand by \_\_\_\_\_.
- 6 I can work out maths problems \_\_\_\_\_.
- 7 I never put off \_\_\_\_\_.
- 8 I always check out \_\_\_\_\_.

## Consolidation

### 5 Complete the advert with one word in each gap.

#### Have you got what it takes?

We're looking for volunteers to work at our summer camps. We need young people with <sup>1</sup> empathy, who can act as role models, understand children and help them to <sup>2</sup> \_\_\_\_\_ out their problems. We also need people with <sup>3</sup> \_\_\_\_\_ because a lot of our summer camps teach art, crafts and dance. If you want to be a camp leader, you need <sup>4</sup> \_\_\_\_\_ because you sometimes have to deal with bad behaviour. Or perhaps you have a <sup>5</sup> \_\_\_\_\_ of adventure? Then you should check out our adventure camps. You have to do <sup>6</sup> \_\_\_\_\_ a bed and a mobile phone for a week! If you can <sup>7</sup> \_\_\_\_\_ up with that, you should check <sup>8</sup> \_\_\_\_\_ our website!

For me, these exercises were ...  easy  OK  difficult

## -ing forms and infinitives with to

- Correct the grammatical error in each sentence.
  - It's a good idea ~~setting~~ yourself a challenge.  
\_\_\_\_\_ to set \_\_\_\_\_
  - Can to turn off the lights save energy?  
\_\_\_\_\_
  - Before to use the device, please read the instructions.  
\_\_\_\_\_
  - I'm sorry about to not call you back. \_\_\_\_\_
  - To get in shape changed his life. \_\_\_\_\_
  - They are always happy helping. \_\_\_\_\_
  - Is there anything eating? \_\_\_\_\_

- Imagine you are interviewing an eyewitness to an unusual event. Write five more questions you want to ask about what they saw. Use *-ing* forms, infinitives with *to*, the words below and your own ideas.

after before do anything feel about glad  
remember safe scared

What do you remember seeing?

\_\_\_\_\_

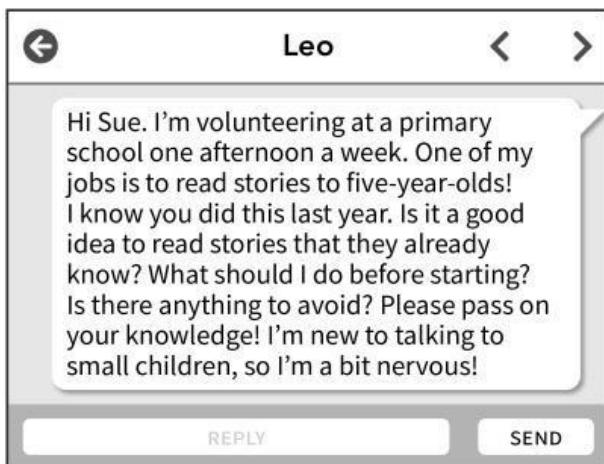
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- Read the text message and write a reply. Use *-ing* forms and infinitives with *to*.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Phrasal verbs

- Read the text. Are the sentences about the phrasal verbs true (T) or false (F)?

I met up with my friends after school and asked them over to my house. We ended up watching films and eating popcorn until late at night. My parents told us off for making too much noise, so we're going to get together in someone else's house next time!

- Meet up with* is inseparable. T  F
- Ask over* is separable. T  F
- End up* is inseparable. T  F
- Tell off* is inseparable. T  F
- Get together* is inseparable. T  F

- Rewrite the sentences using an object pronoun.

- You can count on Sheila.  
You can count on her.
- Can you pass on the message?  
\_\_\_\_\_
- We didn't come across this information by chance.  
\_\_\_\_\_
- Why do we look up to role models?  
\_\_\_\_\_
- The speaker really gets across his point.  
\_\_\_\_\_
- When did you set up the business?  
\_\_\_\_\_
- You should take up swimming.  
\_\_\_\_\_
- I'll get over my illness soon.  
\_\_\_\_\_

## Consolidation

- Complete the text with the correct form (*-ing* or infinitive with *to*) of the verbs in brackets.

What do you value most in a friend? Is it the ability <sup>1</sup> to understand (understand) how you feel, or is it <sup>2</sup> \_\_\_\_\_ (share) the same interests? Or perhaps it's important <sup>3</sup> \_\_\_\_\_ (find) someone who is the opposite of you? <sup>4</sup> \_\_\_\_\_ (hang) out with the same person every day could get boring, so maybe you need different friends <sup>5</sup> \_\_\_\_\_ (meet up with) depending on what your plans are. Everyone needs someone <sup>6</sup> \_\_\_\_\_ (stand by) them when times are hard, so it's impossible <sup>7</sup> \_\_\_\_\_ (do without) loyalty.

For me, these exercises were ...  easy  OK  difficult