Unit 7 VOCABULARY

Basic ★

Phrasal verbs: communication and interaction

1 Look at the pictures and complete the sentences with the phrasal verbs below.

calms himself down	~~fallen out~~	focus on
made up	stand up for yourself	stick to













1 They have fallen out.
2 This is how he _____.
3 They have _____.
4 You have to _____.
5 It's important to _____ a goal.
6 You need to _____ what is important.

2 Put the sentences about advice in the correct order.

a ___ Then you can talk your problem over.
b 1 Everyone goes through difficult experiences.
c ___ After talking it over, you'll feel better.
d ___ It's important to calm yourself down before you turn to someone else for help.
e ___ When you feel better, you'll be able to work on your relationship and make up with your friend.
f ___ When you fall out with somebody, you feel very angry. Your friend may not pick up on this.

Extra: Sleep

3 Complete the text with the words below.

fall	get	~~get~~	having	in	keep
oversleep	stay				

How do you [1] get a good night's sleep? If you often [2] _____ up late and then [3] _____ so that you miss school or work, then you know that [4] _____ better sleep to probably the answer. You have to work on your sleep habits. Turn your devices off. Using screens before going to bed may be the problem because they [5] _____ you awake. Research shows that electronics wake up the brain, so stop using them one hour before bed. Get enough exercise and you will [6] _____ asleep more easily. If you are anxious, you won't [7] _____ to sleep, so calm yourself down with some relaxing music. Try to wake up at the same time every day. Sleeping [8] _____ at weekends is not recommended!

Collocations: personality and behaviour

4 Choose the correct phrases.

1 Someone who is quite clever is ....
a painfully shy (b) reasonably bright
2 Someone who is an extrovert has ....
a an outgoing personality b a good sense of humour
3 Someone who is determined has a ....
a painfully shy b stubborn streak
4 Someone who always gets what they want is ....
a thoroughly spoilt b fiercely loyal
5 Someone who hates losing is ....
a scared stiff b fiercely competitive

5 Complete the dialogue with the collocations below.

a good sense of humour	~~deadly serious~~	
fiercely competitive	fiercely loyal	painfully shy
scared stiff		

Emma I'm going to watch my sister in a talent contest this Saturday. Do you want to come?
Liam You're joking, I think.
Emma No, I'm [1] deadly serious. She's a stand-up comedian and I know you have [2] _____.
Liam Good for her! I'd be [3] _____ to tell jokes on stage; you know I'm [4] _____.
Emma There are a lot of talented people in the show and they're [5] _____.
Liam I'd love to come along. Is anyone else going?
Emma Of course! She has hundreds of fans and we're [6] _____. We're all going to wear T-shirts with her name on. What's your size?

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

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LIVEWORKSHEETS

Modals of obligation, prohibition, advice and suggestion

1 Choose the correct modals.

1 You … worry, everything will turn out all right.
(a) needn't b don't have

2 I … to go, because I'm late.
a must b have

3 You … to come to the party if you don't want to.
a don't have b needn't

4 Students … to focus on their studies.
a should b ought

5 You … say that, it isn't polite.
a shouldn't b could

2 Match the sentences to the meanings.

1 f You mustn't eat on the bus.
2 ___ You must wear a helmet.
3 ___ You don't have to/needn't wear a mask.
4 ___ You could/might want to think before speaking.
5 ___ You shouldn't criticize your friends when you make the same mistakes.
6 ___ You should/ought to help.

a I strongly advise this.
b I strongly advise against this.
c I suggest this.
d It's obligatory.
e It isn't necessary.
~~f It's prohibited.~~

3 Complete the dialogues with the modals below.

might want to talk	must have	mustn't touch
needn't worry	~~should get~~	

1 'Why am I always so tired?'
'Perhaps you should get more sleep.'

2 'What happens if I press this red button?'
'No! You _____ that!'

3 'I want to do a healthy eating challenge.'
'You _____ it over with your parents first.'

4 'Nina is so anxious about the exam.'
'She's reasonably bright, so she _____.'

5 'Why can't we visit the exhibition?'
'I'm sorry, but you _____ a ticket to get in.'

wish / if only; should have / shouldn't have

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

1 I wish I met you when I was younger. C ☐ I ☑
2 If only they would stop shouting. C ☐ I ☐
3 They should think before they opened the email. C ☐ I ☐
4 I should have told you before. C ☐ I ☐
5 We wish we would be taller. C ☐ I ☐
6 He should have stopped at the red light. C ☐ I ☐

5 Complete the dialogue with the verb forms below.

ought to have been	ought to have used
~~should have done~~	shouldn't have spent
should have written	shouldn't have written

Adam Hi Grace, can you help me? Look at this test paper. I don't understand where I went wrong.

Grace Oh, that's a low mark, and you're very bright, so you certainly [1] should have done better.

Adam I know. I [2] _____ so long on the first question.

Grace Yes, I think you [3] _____ the time more carefully. And maybe you [4] _____ your answers more clearly. It's really hard to read your handwriting. And you [5] _____ the answer to question 5 here. Look, you've written it in the space for question 6.

Adam Thanks, Grace, I see now that I [6] _____ more careful!

6 Complete the text with the verb forms below.

had had	hadn't done	hadn't listened
should have travelled	shouldn't have done	
~~wish~~	would realize	

I volunteer for a charity that helps people aged over 80 years old. They're sometimes lonely and I chat to them. They all say the same thing: they [1] wish they had done more. Although they know that they [2] _____ certain things and wish that they [3] _____ them, they realize that they learned from experience. They often say that they wish they [4] _____ the courage to follow their dreams. They wish they [5] _____ to people who said they would never be a great success. They often say that they [6] _____ and seen more of the world when they had the chance. What is their advice for younger people? They think young people shouldn't complain; they wish the young [7] _____ how lucky they are!

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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LIVEWORKSHEETS

Phrasal verbs: communication and interaction

1 Complete the sentences with the correct form of the phrasal verbs below.

calm down	~~fall out~~	focus on	make up
stand up for	stick to		

1 Nina and Jess fell out when they went to the music festival together. They haven't spoken since.
2 When Sam is stressed, he _____ himself _____ by listening to music.
3 Oscar and his sister have _____ after their argument.
4 Everyone should _____ what's important in life.
5 Yuki is very motivated. She always _____ her goals.
6 You need to _____ yourself. We all do.

2 Complete the dialogues with the correct phrasal verbs.

1 'How do you know I'm angry?'
'I'm good at **p**icking **u**p **o**n emotions.'
2 'I'm desperate and I don't know what to do.'
'There must be someone that you can **t**_____ **t**_____.'
3 'Theo shouted at me when I asked him for help.'
'He really needs to **w**_____ **o**_____ his anger.'
4 'Why isn't Chloe talking to her sister?'
'They **f**_____ **o**_____ because Chloe criticized her sister's friends.'
5 'I'm anxious about going to a new school.'
'Let's **t**_____ **o**_____ your worries with the teachers.'
6 'What's Daniel really like?'
'He's smart and funny, though he **c**_____ **a**_____ as awkward when you first meet him.'

Extra: Sleep

3 Complete the text with the correct form of the verbs below.

fall	~~get~~	get	have	keep	oversleep
sleep	stay				

How do you [1] get a good night's sleep? If you often [2] _____ up late, and then [3] _____ so that you miss school or work, then you know that [4] _____ an early night isn't always the answer. You have to work on your sleep habits. This means you must turn your devices off. Using screens before sleeping may be what is [5] _____ you awake. Research shows that electronics wake up the brain, so stop using them one hour before bed. Get enough exercise and you will [6] _____ asleep more easily. If you're anxious, you won't [7] _____ to sleep, so calm yourself down with relaxing music. Try to wake up at the same time every day. [8] _____ in at weekends isn't recommended!

Collocations: personality and behaviour

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

1	e	He's deadly serious	a and has everything done for her.
2		He's fiercely competitive	b is a sign of determination.
3		A stubborn streak	c and hates losing.
4		Dad is reasonably bright	d is always pessimistic.
5		She's thoroughly spoilt	e ~~and never jokes about his emotions.~~
6		A person with an outgoing personality	f and a remarkable achievement.
			g but he can't work out our maths homework.
			h may not understand a painfully shy person.

5 Complete the collocations in the dialogue.

Ella Do you want to come and watch my brother in the talent contest on Saturday?
Louis You're joking! Your brother's only 16.
Ella No, I'm [1] **d**eadly **s**erious. He wants to be a stand-up comedian. You'll love it because you have a [2] **g**_____ **s**_____ of **h**_____.
Louis Good for him! I'd be [3] **s**_____ **s**_____ to tell jokes on stage; you know I'm [4] **p**_____ **s**_____.
Ella There are a lot of talented people in the show and they're [5] **f**_____ **c**_____.
Louis I'd love to come along. Is anyone else going?
Ella Of course! He has a lot of fans and we're [6] **f**_____ **l**_____. We're all going to wear T-shirts with his name on. What's your size?

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Modals of obligation, prohibition, advice and suggestion

1 Complete the table with the correct form of the modal verbs below.

could have to have to might (want to) ~~must~~ must need ought (not) to should should

Prohibition	mustn't
Lack of obligation or necessity	
Obligation	
Advice	
Suggestion	

2 Choose the correct modal to complete the sentences.

1 You … to come to the party if you don't want to.
a mustn't **b** needn't **c** don't have

2 You … want to talk it over with your teacher.
a needn't **b** might **c** could

3 You … drop your phone in water because it won't work.
a needn't **b** mustn't **c** don't have to

4 You … show your tickets at the door, or you won't get in.
a ought **b** needn't **c** must

5 I'm not sure if she can help, but you … ask her.
a could **b** ought **c** needn't

6 They really … to win the prize because they're far better than the others.
a must **b** should **c** ought

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

1 e The rules say that we
2 ___ This place is known for its tolerance;
3 ___ This is a difficult decision that
4 ___ The interview is very important so
5 ___ The neighbours are very friendly so
6 ___ The school holidays start soon so

a we should drive carefully.
b you might want to talk over with your parents.
c you shouldn't be late.
d we ought to book a trip.
e ~~must buy a ticket before the concert.~~
f you could always ask them for help.
g we mustn't take any advice.
h you don't have to worry about rules here.

wish / if only; should have / shouldn't have

4 Complete the sentences with the correct past form of the verbs below.

confess delete ~~do~~ eat get away learn say write

1 They weren't expected to lose and they certainly should have done better.
2 They shouldn't _____ with that terrible crime.
3 The teacher ought _____ their names by now.
4 The children shouldn't _____ on the wall.
5 I ought _____ breakfast because now I'm really hungry.
6 She shouldn't _____ those terrible things.
7 We ought _____ to the crime.
8 They ought _____ the harmful video.

5 Complete the email with the correct form of the verbs in brackets. Use a modal if necessary.

Hi Ali,

I'm sorry you couldn't come to the party. If only you [1] had been (be) there! I wish you [2] _____ (see) the look on Carl's face when he saw his present. Anyway, you'll have seen the photos by now. You know our old friend, Evie? She was very quiet at the party. I think she's going through some problems at home. I wish I [3] _____ (know) what's wrong. If only she [4] _____ (talk / it / over) with someone. Perhaps I [5] _____ (not mention) it to you, but I wish I [6] _____ (help).

What should I do?

Freya

Reply

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 7 VOCABULARY

Challenge ★★★

Phrasal verbs: communication and interaction

1 Complete the sentences with a suitable phrasal verb. Remember to use the correct tense.

1 The new student went through a difficult time at school.
2 She went for a walk to _____ herself _____.
3 Her parents taught her to _____ herself when another student was bullying her.
4 When they are desperate, they _____ us for help.
5 Isaac _____ with Leo and now they are best friends again.
6 The counsellor advised her to _____ her relationship with her mother.

Extra: Sleep

2 Write six more tips about good sleep habits. Use the words and phrases below and your own ideas.

fall asleep get a good night's sleep get to sleep
have an early/late night keep someone awake
oversleep sleep in stay up

Using your phone can keep you awake, so turn it off an hour before you go to bed.

Collocations: personality and behaviour

3 Complete each sentence so that it means the same as the first sentence. Use the words in brackets.

1 He isn't joking. (deadly)
He is deadly serious.
2 She's extremely determined. (streak)
She _____.
3 They hate losing. (fiercely)
They _____.
4 Their daughter behaves badly because she is allowed to do what she wants and given what she wants. (thoroughly)
Their daughter behaves badly because she _____.
5 He didn't laugh because he isn't capable of understanding why it's funny. (sense)
He didn't laugh because he _____.
6 The children are terrified of spiders. (stiff)
The children _____.

Consolidation

4 Answer the questions. Write two or three complete sentences.

1 Why is it important to stand up for yourself?
If you don't stand up for yourself, other people will think that they can get you to do what they like. You need to learn to say 'no' to people and not try to please people. You don't have to agree with everything your friends do.
2 Do you think people should only talk over their problems with their close family, or with people outside the family?
3 Why is it difficult to stick to goals? Why don't people always focus on what is important?
4 What kind of people pick up on other people's emotions? When is this an advantage? When is this a disadvantage?
5 Is it better to come across as painfully shy, or as someone with an outgoing personality? Why?
6 Which is more important to you: a good sense of humour or a sense of adventure? Why?

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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Unit 7 GRAMMAR

Challenge ★★★

Modals of obligation, prohibition, advice and suggestion

1 **Put the sentences in the correct order from the strongest positive obligation to the strongest negative obligation.**

a ____ You should / ought to do it.
b ____ You could / might want to do it.
c 1 You must do it.
d ____ You shouldn't do it.
e ____ You don't have to / needn't do it.
f ____ You mustn't do it.

2 **Write three or four complete sentences for each topic. Use modals of obligation, prohibition, advice and suggestion.**

1 Think about someone you know. Write about what they must do and what they don't have to do.
My sister is a dentist. She must wear a white coat, a mask and gloves. She doesn't have to work at weekends. She doesn't have to speak another language.

2 Imagine you are making up some rules for your family or friends. Write the rules using *must* and *mustn't*.

3 Describe the things that a person your age doesn't have to do. Write about the things they needn't think about.

wish / if only; should have / shouldn't have

3 **Correct the grammatical error in each sentence.**

1 I wish I ~~knew~~ had known you when we were younger.
2 You should be there, it was so funny!
3 If only you saw her face, she was furious!
4 I was wrong and I shouldn't have apologized.
5 I wish I would be older, I'd travel the world.
6 I've told them a hundred times and I really wish they listened!

4 **Look at the picture. Write six more sentences with *wish / if only*, *should have / shouldn't have*.**



I shouldn't have written that message.

Consolidation

5 **Choose the correct modals to complete the text.**

HOME BLOG ABOUT LOG IN

From the moment we're born we're told what to do. 'You [1]____ touch that!' 'You [2]____ say "please" and "thank you".' And later we're criticized for our mistakes and they say, 'Shame on you, you [3]____ know better!' Then, when we enter the world of social media, we [4]____ to be very careful. An innocent comment or a joke [5]____ be taken deadly seriously, but very often we wish we [6]____ anything. Why do people [7]____ judge everyone? Why [8]____ we put up with it? If only there [9]____ a little more empathy in the world.

REPLY COMMENT SHARE

1	a couldn't	(b) mustn't	c must
2	a have	b ought	c must
3	a ought to	b must	c could
4	a could	b must	c might want
5	a shouldn't	b must	c shouldn't have
6	a needn't say	b didn't say	c hadn't said
7	a ought	b have to	c must
8	a might	b ought to	c should
9	a were	b is	c will be

For me, these exercises were … ☐ easy ☐ OK ☐ difficult

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