

TEENS AND EMOTIONS



*You will hear a monologue about why teenagers experience strong emotions.
For questions 1-6, complete the sentences with a word or short phrase.
Play the recording twice.*

1. Hormone changes can cause teenagers to be happy one moment and very _____ the next.
2. Emotional control is one of the last parts of the _____ to mature.
3. Teenagers spend a lot of time with their _____ and these relationships are very important to them.
4. Teens can feel _____ before a test or _____ if their marks are low.
5. Changing from a child to an adult during teen years can be _____ but it can also be _____ and confusing.
6. Talking to someone, exercising, getting enough _____ and taking time to relax can help teenagers deal with emotions.

