

9 a. Fill in **up** or **down** to complete the sentences.

Then, explain the phrasal verbs in bold.

- 1 She's been quite depressed recently. This holiday will really **cheer** her
- 2 **Calm**! Things aren't as bad as they seem!
- 3 Things are **easing** a bit at work. I won't have to work so late from now on.
- 4 I don't like watching sad films. They always **get** me
- 5 You have been so stressed lately; you must relax and **loosen** a bit or you will get ill.
- 6 Bob really **let** me I was counting on him to complete the project on time.
- 7 **Open** a bit and tell me how you feel.
- 8 It's been such a tiring day, let's go to the cinema and **wind**