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** ..... .

LIVEWORKSHEETS