

VOCABULARY

1 Complete each sentence with a word from the box.

annoyed	confident	creative	disappointed	relaxed	stressed
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- 0 After their long holiday they felt very relaxed and ready to start work again.
- 1 Jenni was _____ with me because I didn't tell her about Abi's party.
- 2 We were _____ that they couldn't come to the party. It was quite sad that they missed it.
- 3 Philip is a _____ person. He's very sure of himself.
- 4 Gemma always has lots of new ideas. She's a very _____ person.
- 5 Everyone is _____ because there is too much work to do and not enough people.

2 Choose the correct options to complete the sentences.

- 0 He doesn't express / challenge / tell himself very well. His ideas are confusing.
- 1 She **told** / challenged / made herself climb the wall although she's scared of heights.
- 2 Just **make** / be / know yourself when you meet him. Don't try and change your personality.
- 3 Amy was so cold she couldn't stop **sweating** / shivering / yawning.
- 4 Why don't you try sailing? You might **surprise** / congratulate / **express** yourself and really enjoy it.
- 5 She always **makes** / **expresses** / **tells** herself that she can do anything she tries and that nothing is impossible.

3 Complete the paragraph. Match the words in the box to the gaps.

Mary is quite brave and is always prepared to give something new a go.

She is a very _____ person who never gets angry or anxious about anything.
As result, she's very good in difficult situations.

She gets a _____ out of solving unexpected problems.

She believes that nothing can boost your _____ like dealing with difficult situations.

She loves to _____ adventures and she's always ready to _____ you her opinion about facing challenges.

calm
give
have
buzz
give
confiden

GRAMMAR

4 Choose the correct options to complete the dialogue.

- A:** Hi Agnes, _____ at the moment
A are you studying B do you study
or _____ to come out for a walk with me?
A do you want B do you wanting
- B:** Hi Bea. I'm sorry, but I _____ my brother with his homework.
A help B am helping
He _____ maths
A doesn't like B not liking
and he always _____ a lot of problems with his homework.
A is having B has
- A:** He's lucky to have a big sister like you who _____ him when he needs it.
A helps B is helping
- B:** I'm the lucky one because I _____ maths so easy, but I'm not so good at English.
A am finding B find
I _____ to write my English essay as well and it's not going very well.
A try B am trying
I _____ what to write.
A don't know B not knowing
- A:** Would you like me to help you with your essay?
- B:** Would you? That'd be great. Thanks.

5 Complete the text using the correct form of the verbs in brackets.

⁰ Have you ever done (do) a challenge which you thought you would never do?

I ¹ _____ (do) lots of challenges in my life,
but I _____ never _____ (want) to do any water challenges because I'm
afraid of water and I can't even swim.

So when my friend asked me to go in the water with sharks, I _____
(not want) to do it at first. This was my friend's dream, but it _____ (be) a difficult
challenge for me.

I _____ (shake) so much when they put the cage into the water
that I _____ (not look) when suddenly the big fish hit the cage and
knocked the breath out of my body.

I _____ never _____ (be) so scared in all my life.

ENGLISH FOR SPEAKING

6 Complete the dialogue with the words in the boxes.

course	excuse	give	help	of	with
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Marisa: ⁰ Excuse me. Could you _____ me, please?

Andy: Of _____. Are you lost?

Marisa: Yes, a bit. I need to find my class. It's room B6.

Andy: Oh it's just at the end of this corridor. I'll show you.

Marisa: That's really nice _____ you, thanks.

Andy: Can I _____ you a hand
_____ your bag?

anything	anyway	for	later	mind
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Marisa: No, I'm fine, but thanks _____.

Andy: Is this your first day here?

Marisa: Yes, and it's all very confusing.

Andy: Oh, you must be Marisa. I'm Andy. Don't worry. You'll soon find your way around.
Ah here's room B6. Do you need _____ else?

Marisa: No, I'm fine. Thanks _____ your help.

Andy: No problem. Hey, Mario, this is Marisa. Would you _____
introducing her to the class while you wait for Miss Simmons to arrive?

Mario: Sure!

Andy: Bye. Catch you _____.

ENGLISH FOR WRITING

7 Complete the text using the phrases in the box. Match each phrase to a gap.

My Personal Challenge

I've always ⁰ _____ jumping out of a plane and floating down to Earth like a bird.

¹ _____ I was scared of flying.

I ² _____ when I went on a family holiday to Italy when I was eight.

I refused to get on the plane and my family had to cancel the holiday.

³ _____ this charity challenge from a work colleague
and decided to do it as I wanted to raise money for poor children.

I thought I could control my nerves but,

⁴ _____ at the airfield and saw how small the plane was,

I ⁵ _____ and started shaking violently. At first I thought it was impossible to do,
but lots of people had promised to give money
to the charity if I jumped so I had to do it.

⁶ _____, although I was still shaking, I got on the plane, sat down and waited.

The instructor talked to me all the time and before I knew it we were in the air.

I ⁷ _____ less anxious and then we jumped. It was really amazing.

The ⁸ _____ much more confident and now I'm ⁹ _____ of flying.

I regularly jump out of planes and ¹⁰ _____ a pilot so that I can take other people
for the experience.

The problem was

dreamed about

I heard about

first realised this

gasped

when I arrived

gradually felt

In the end

not afraid

experience has
made me

I'm thinking of
becoming