

1 On top of the world! Extra Practice

1.2 Vocabulary Nouns: well-being

1 * Choose the correct option.

- 1 If you're suffering from **compassion** / **depression**, it's very important that you speak to someone you trust.
- 2 Jenny and I were in the same competition. She won and I lost, but Jenny showed a lot of **compassion** / **depression** and was sympathetic.
- 3 William is very clever, but his **tolerance** / **behaviour** at school is terrible.
- 4 **Bullying** / **Behaviour** isn't allowed at this school. If someone says unkind things, you should tell someone.
- 5 I came to this school from a very different country. It doesn't matter though because my friends all show a lot of **bullying** / **tolerance** and want to learn about my culture.

2 ** Complete the text with the adjectives.

empathy gratitude kindness loneliness stress

My cousin Jack moved house last year and started at a new school. On his first day he was under a lot of (1) because he didn't know what to do or where to go. The first couple of lessons were fine, but then it was lunchtime. He sat on his own and experienced real (2) After a few minutes, a group of students sat at his table. They said they knew he was new at the school and probably felt a bit anxious. I think they showed a lot of (3) that day. Over the next few days, they demonstrated (4) by telling him about the school and inviting him to join them at break and lunchtimes. They're now really good friends and I'm sure Jack feels a lot of (5) towards them.

3 *** Answer the questions and give reasons for your opinions.

- 1 What do you think is the most important quality? Use the words in exercises 1 and 2.
- 2 How can you help someone who is suffering from depression?
- 3 What do you do to stop feeling stressed?