

New experiences

1 Choose the correct option to complete the sentences.

- 0 After his long holiday he felt very **stressed** / **relaxed**.
- 1 Joanne is **excited** / **satisfied** about her party. She can't wait to see everyone.
- 2 I am **uneasy** / **surprised** to see Anni here. I thought she was away on holiday.
- 3 I'm **anxious** / **relaxed** about the test because I haven't studied for it.
- 4 I don't understand this. I'm very **determined** / **confused**.
- 5 Josh was **disappointed** / **joyful** when he couldn't finish the challenge.
- 6 Agata isn't **annoyed** / **scared** of anything. She even likes spiders.
- 7 Julie's very **miserable** / **afraid** today. What's wrong? She's usually so happy.
- 8 Ewa is **surprised** / **determined** to complete her challenge as quickly as possible.

2 Complete the sentences with the missing words. Match the words to the sentences to fill the gaps.

- 0 You should ____ yourself when you meet him.
- 1 You should always ____ yourself do new things.
- 2 It's important to ____ yourself. This can improve your confidence.
- 3 You need to ____ yourself that you can do anything you wish.
- 4 It's a good thing to ____ yourself when you do something well.
- 5 Do you ever ____ to yourself when you're alone?

talk
make
be
know
tell
congratulate

3 Choose a word from the boxes to complete the sentences.

boost get give make

- 0 She's happy to give her opinion when we discuss things.
- 1 It can _____ your confidence when someone says something nice to you.
- 2 It's always good to _____ plans for the future.
- 3 Do you _____ a buzz out of doing new things?

a go adventure on board routine

- 4 They never change their _____. Every day is the same.
- 5 You should take _____ what he says. He's an expert.
- 6 He wanted to have a new _____ because he was bored at home.
- 7 Don't be afraid! Give it _____. I'm sure you'll enjoy it.