

4 Being active Extra practice

4.0 Vocabulary

Phrasal verbs: well-being

1 * Complete the sentences with **down**, **out** and **up**. Use each word twice.

- 1 Cheer! You look so miserable.
- 2 You're walking too fast. Slow
- 3 Let's relax and get this afternoon.
- 4 He's really angry and needs to calm
- 5 I always open to my mum and tell her everything.
- 6 I stretch to loosen at the gym twice a week.

2 ** Choose the correct option.

- 1 You should **liven up** / **cut down** on the amount of sugar you have. It isn't healthy.
- 2 Robbie is very quiet. He never **cheers up** / **joins in** with anything.
- 3 It isn't good to run around all the time. You should try to **stress out** / **slow down** more.
- 4 When I'm stressed out, I do yoga. It always **sets me up** / **calms me down** after a hard day.
- 5 'Why's Jenna unhappy?' I'm not sure, but let's do something to **get out** / **cheer her up**.'
- 6 It can be difficult to **open up** / **take up** about your problems to someone.

3 *** Complete the dialogue with the phrasal verbs.

calm down cheer up cut down stress out open up loosen up

Ali Come on, Lucy, (1)! Why are you so unhappy?

Lucy It's my exams. I'm really stressed out about them. I study for hours every day, but I can't remember anything. I worry that I'm going to fail my exams then I (2)

Ali It sounds like you're studying too much. I think you need to (3) on the number of hours you study and try to do some exercise.

Lucy Exercise? How will that help?

Ali It's the best thing to do when you're stressed or feeling worried. Why don't you go swimming or (4) at the yoga class after school? It's a great way to (5) and feel more relaxed.

Lucy But what about my revision?

Ali It'll be easier to concentrate when you're less stressed out.

Lucy OK, I'll try that. Thanks for listening to me, Ali. You're very supportive.

Ali That's what friends are for, Lucy. You can (6) to me and talk about your problems whenever you like.

Student's Book 4.0

Unit 4

 **LIVEWORKSHEETS**