

VOCABULARY WORKSHEET

Subject: INGLÉS

Grade: _____

Level: SECONDARY

Date: _____

Student's name: _____



1 ☆ Match the definitions with the words in the box.

conventional dull exhausting harmful
hectic inspiring physically active satisfying
stressful thrilling

- 1 of the usual, traditional or accepted type _____ conventional
- 2 full of busy activity _____
- 3 extremely exciting _____
- 4 involving or causing a lot of pressure or worry _____
- 5 making you feel extremely tired _____
- 6 causing damage or problems _____
- 7 making you feel enthusiastic or excited about something _____
- 8 making you feel pleased or happy _____
- 9 boring, or not interesting _____
- 10 moving your body _____

be energetic and lively calm down
disconnect drop out (of)
get into (a new activity) sit back and relax
take it easy take your mind off (something)

Match definitions 1–6 with expressions from exercise 3.

- 1 start enjoying a new activity _____
- 2 stop thinking about something unpleasant _____
- 3 have a lot of energy and be active _____
- 4 take a short rest, normally after exercise _____
- 5 to make parts of your body more powerful _____
- 6 rest after being busy so that you're ready to start again _____

2 ☆ Match sentence beginnings 1–6 with endings a–f.

- 1 I can't sit **back** _____ b
 - 2 We first **got** _____
 - 3 My sister had to **drop** _____
 - 4 Please just **calm** _____
 - 5 **Put your feet** _____
 - 6 This is exhausting. Let's **take** _____
- a **out of** the team when she went to university.
b **and relax** when someone else is working.
c **a breather** before we carry on.
d **into** kayaking while camping in Canada.
e **down!** There's a solution for everything!
f **up** while I get you something to eat.