



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 | <u>conventional</u> |
| 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 | _____ |

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

| | |
|-------------------------------------------------------|----------|
| 1 I can't sit back | <u>b</u> |
| 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. | _____ |

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 for 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 | _____ |