

Name: _____
Class: _____

VOCABULARY

1 Complete each sentence with a word from the box. There is one extra word.

annoyed	confident	creative
disappointed	relaxed	stressed
		surprised

- 0 After their long holiday they felt very relaxed and ready to start work again.
- 1 Jenni was _____ with me because I didn't tell her about Abi's party.
- 2 We were _____ that they couldn't come to the party. It was quite sad that they missed it.
- 3 Philip is a _____ person. He's very sure of himself.
- 4 Gemma always has lots of new ideas. She's a very _____ person.
- 5 Everyone is _____ because there is too much work to do and not enough people.

/5

2 Choose the correct options to complete the sentences.

- 0 He doesn't express / challenge / tell himself very well. His ideas are confusing.
- 1 She told / challenged / made herself climb the wall although she's scared of heights.
- 2 Just make / be / know yourself when you meet him. Don't try and change your personality.
- 3 Amy was so cold she couldn't stop sweating / shivering / yawning.
- 4 Why don't you try sailing? You might surprise / congratulate / express yourself and really enjoy it.
- 5 She always makes / expresses / tells herself that she can do anything she tries and that nothing is impossible.

/5

3 Complete the paragraph with one word in each gap. The first letter is given.

Mary is quite brave and is always prepared to ⁰ give something new a go. She is a very ¹ c _____ person who never gets angry or anxious about anything. As result, she's very good in difficult situations. She gets a ² b _____ out of solving unexpected problems. She believes that nothing can boost your ³ c _____ like dealing with difficult situations. She loves to ⁴ h _____ adventures and she's always ready to ⁵ g _____ you her opinion about facing challenges.

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GRAMMAR

4 Complete the dialogue using the correct form of the verbs in brackets.

A: Hi Agnes, ⁰ are you studying (study) at the moment or ¹ _____ (want) to come out for a walk with me?

B: Hi Bea. I'm sorry, but I ² _____ (help) my brother with his homework. He ³ _____ (not/like) maths and he always ⁴ _____ (have) a lot of problems with his homework.

A: He's lucky to have a big sister like you who ⁵ _____ (helps) him when he needs it.

B: I'm the lucky one because I ⁶ _____ (find) maths so easy, but I'm not so good at English. I ⁷ _____ (try) to write my English essay as well and it's not going very well. I ⁸ _____ (not/know) what to write.

A: Would you like me to help you with your essay?

B: Would you? That'd be great. Thanks.

/8

5 Complete the text using the correct form of the verbs in brackets.

⁰ Have you ever done (ever/do) a challenge which you thought you would never do?
I ¹ _____ (do) lots of challenges in my life, but I ² _____ (never/want) to do any water challenges because I'm afraid of water and I can't even swim. So when my friend asked me to go in the water with sharks, I ³ _____ (not/want) to do it at first. This was my friend's dream, but it ⁴ _____ (be) a really difficult challenge for me. I ⁵ _____ (shake) so much when they put the cage into the water, that I ⁶ _____ (not/look) when suddenly the big fish hit the cage and knocked the breath out of my body. I ⁷ _____ (never/been) so scared in all my life.

/7

ENGLISH FOR SPEAKING

6 Complete the dialogue. Use one word in each gap.

Marisa: ⁰ Excuse me. Could you ¹ _____ me, please?

Andy: Of ² _____. Are you lost?

Marisa: Yes, a bit. I need to find my class. It's room B6.

Andy: Oh it's just at the end of this corridor. I'll show you.

Marisa: That's really nice ³ _____ you, thanks.

Andy: Can I ⁴ _____ you a hand ⁵ _____ your bag?

Marisa: No, I'm fine, but thanks ⁶ _____.

Andy: Is this your first day here?

Marisa: Yes, and it's all very confusing.

Andy: Oh, you must be Marisa. I'm Andy. Don't worry. You'll soon find your way around. Ah here's room B6. Do you need ⁷ _____ else?

Marisa: No, I'm fine. Thanks ⁸ _____ your help.

Andy: No problem. Hey, Mario, this is Marisa. Would you ⁹ _____ introducing her to the class while you wait for Miss Simmons to arrive?

Mario: Sure!

Andy: Bye. Catch you ¹⁰ _____.

/10

ENGLISH FOR WRITING

7 Complete the text using the words and phrases in the box. Use capital letters where necessary.

dreamed about	experience has made me
first realised this	gasp
heard about	gradually felt
in the end	I'm thinking of becoming
not afraid	the problem was
when I arrived	

My Personal Challenge

I've always ⁰ dreamed about jumping out of a plane and floating down to Earth like a bird.

¹ _____ I was scared of flying. I ² _____ when I went on a family holiday to Italy when I was eight. I refused to get on the plane and my family had to cancel the holiday.

³ _____ this charity challenge from a work colleague and decided to do it as I wanted to raise money for poor children. I thought I could control my nerves but,

⁴ _____ at the airfield and saw how small the plane was,

I ⁵ _____ and started shaking violently. At first I thought it was impossible to do, but lots of people had promised to give money to the charity if I jumped so I had to do it.

⁶ _____, although I was still shaking, I got on the plane, sat down and waited. The instructor talked to me all the time and before I knew it we were in the air.

I ⁷ _____ less anxious and then we jumped. It was really amazing.

The ⁸ _____ much more confident and now I'm

⁹ _____ of flying. I regularly jump out of planes and

¹⁰ _____ a pilot so that I can take other people up for the experience.

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