1 VOCABULARY adjectives ending *-ed* and *-ing*

a Circle the correct adjective.

HOW TO SURVIVE THE WINTER

If you're in the middle of a long, dark winter and are beginning to feel a bit [1] *depressed / depressing* about spending another cold weekend at home, don't worry – here are some things you can do to make yourself feel better.

Get moving

Exercise is one of the best things you can do. But remember that doing just one kind of exercise can get a bit [2] *bored / boring*, so try different things. Go swimming, go for a walk, get on a bike, etc.

Eat chocolate

The newspapers all got very [3] *exciting / excited* recently about reports that chocolate is good for you – and it seems to be true. Chocolate contains tryptophan, which makes you feel happier and more [4] *relaxed / relaxing*.

Book a holiday abroad or a weekend away

It always helps to do something different. A holiday somewhere hot – or a skiing holiday – can mean you get to see the sun. But if you don't have much money after Christmas or you're [5] *frightened / frightening* of flying, a weekend away close to home also gives you something to look forward to.

Read a book

Turn off your phone and the TV, and shut down your laptop. Go to your local bookshop – these usually have all kinds of [6] *interested / interesting* books you can read.

See people

Not online, but in real life. Invite people to your house for dinner. In the middle of winter, an evening in front of the fire with family and friends is really [7] *relaxed / relaxing*.

LIVEWORKSHEETS

b Complete the sentences with adjectives ending *-ed* or *-ing*, e.g. *interested* or *interesting*.

1 I'm reading a really i*nteresting* article.
2 Going away for the weekend is very r_____.
3 This film is really b_____. Turn the TV off.
4 Helen's very d_____ because she's just lost her job.
5 My cousin is very i_____ in fashion.
6 Congratulations! That's really e_____ news.
7 The news is all very d_____ at the moment.
8 We had a very fr_____ experience yesterday.
9 Mum, I'm b_____! I have nothing to do!
10 The dogs were very ex_____ to see us when we came home.

2 GRAMMAR *something, anything, nothing*, etc.

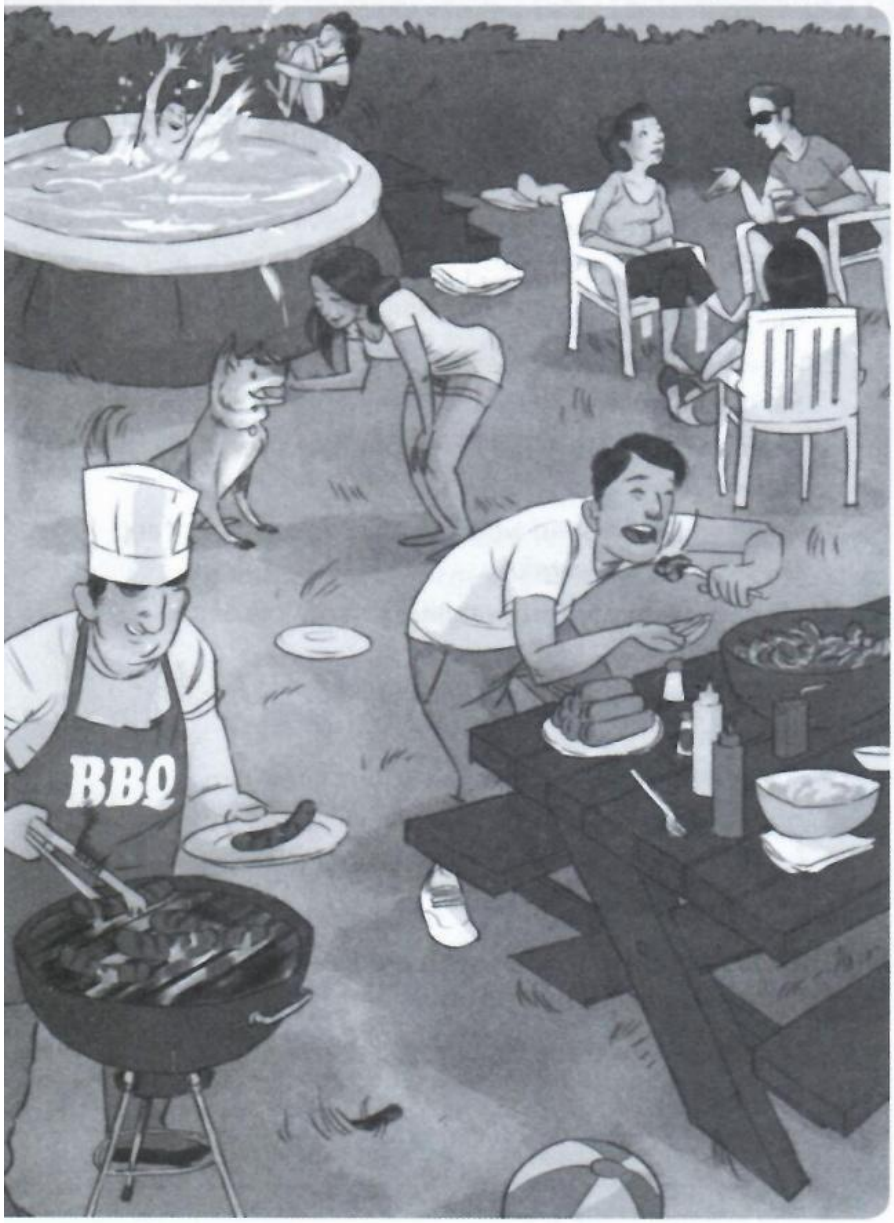
a Complete the sentences with a word from the list.

anybody ~~anything~~ anywhere no one nowhere someone something somewhere

1 We didn't do *anything* special last weekend.
2 Did you know _____ at the meeting today?
3 It's very boring in this town. There's _____ to go in the evenings.
4 He couldn't find his keys _____.
5 I met _____ from my old school at the party last night.
6 Lucas has _____ to tell you.
7 I phoned twice, but _____ answered.
8 We've found _____ to stay in Dublin. It's a nice little hotel.

LIVEWORKSHEETS

b Look at the picture. Mark the sentences **T** (true) or **F** (false). Correct the false sentences. Use *something*, *anything*, etc.



1 There isn't anywhere to sit. F
There's somewhere to sit.

2 The man on the right is eating something. ____

3 Nobody is dancing. ____

4 There's nothing on the ground. ____

5 Someone is playing with the dog. ____

6 The man who's cooking isn't wearing anything on his head. ____

7 There isn't anybody in the water. ____

LIVEWORKSHEETS

c Complete the sentences with a word from each list.

bored boring ~~exciting~~ relaxed

anyone anything nothing ~~something~~

1 My friends did *something* unusual on holiday. They swam with dolphins, and they said it was really *exciting*.
2 The children were _____ because there was _____ to do.
3 Claire thought the party was a bit _____ because she didn't know _____.
4 Tim is _____ because there isn't any homework. He isn't doing _____.

d Answer the questions in full sentences so they are true for you.

LIVEWORKSHEETS