

4 Highs and lows

Feelings, adverbs and adjectives

Feelings

1.1  **4a** Listen to a boy called Nick talking about something that happened recently. Answer these questions.

- 1 Who came to watch Nick's team play? Why?
- 2 What happened after the match?
- 3 Who was chosen?

1.2 Do you know the meaning of the adjectives below? Which are positive 😊 and which are negative ☹️? Check in a dictionary if you need to. Draw 😊 above the positive ones and ☹️ above the negative ones.



ashamed confident disappointed embarrassed excited guilty jealous proud relaxed upset

1.3  **4a** Listen again. How do you think Nick felt ...

- 1 after he scored the goal?
- 2 at the end of the day?

1.4  **4b** Now listen to Nick continue his story. Choose three adjectives from the list to describe how he felt at the end of Saturday.

2.1 Read the email below. The underlined adjectives have similar meanings to those in the table below. Write them in the correct column.

<i>amazed</i>	<i>annoyed</i>	<i>depressed</i>	<i>frightened</i>	<i>pleased</i>	<i>worried</i>
				<i>glad</i>	

Hi Helga

I want to tell you about last Saturday when I went to the seaside with my friends. I was really glad that they phoned me because I was feeling fed up so I was relieved to have something to do. But when we got to the seaside I realised they wanted to spend their time at a theme park and I'm scared of going on the big rides. I got cross with them because they hadn't told me. In the end they persuaded me to try. As I sat there waiting for the first ride to begin, I could feel my heart beating fast and I felt like screaming, but as soon as it started I forgot to feel anxious about it because it was fun. When I got off I was surprised to realise how much I'd enjoyed it and I went on all the other rides! Next time you must come too.

Love Tina

2.2 These words also have similar meanings to the underlined words. Put them in the correct column in 2.1. If you think there is a word in a column which is stronger than the others, underline it.

afraid astonished concerned delighted
miserable furious terrified

Vocabulary note

We use **afraid** to make something negative sound more polite: *I'm afraid the train's already left.*

3.1 Look at the people in the picture. Do they feel the same as Tina in Exercise 2? Write down as many adjectives as you can about how they feel.

They look

They seem



How would you feel? Tick the adjectives in the table in 2.1 which would describe your feelings on a funfair ride.

3.2 Complete these phrases from Tina's email.

- 1 I was really glad me
- 2 I was relieved something to do
- 3 I'm scared the high rides
- 4 I got cross them
- 5 I forgot to feel anxious it
- 6 I was surprised how much I'd enjoyed it

Vocabulary note

If you are not sure if an adjective is followed by **with**, **about** or **of**, check in a dictionary and write down the whole phrase, not just the adjective.

Many feelings adjectives can also be followed by **(that) + subject + verb** or **the infinitive (to)**:

Maria was sorry that she had missed the party. Maria was pleased to get the invitation.

3.3 Think about something you did recently, e.g. a sports match you played in, a place you visited, a party you went to. Choose two of the adjective phrases below and write a sentence with each one.

worried about surprised that afraid of upset that pleased to annoyed

Adverbs and adjectives

- 4.1** Tina said she was feeling miserable. We can change the meaning of *miserable* with an adverb, e.g. *I'm very miserable* or *I'm quite miserable*. Some adverbs are stronger than others.

STRONG:	<i>very</i>	LESS STRONG:	<i>quite</i>
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Add these adverbs to the table.

extremely fairly really terribly

Error warning

Check your spelling of *quite*.
Don't confuse it with *quiet*.

- 4.2** In spoken English, we often use *a bit* or *so*: *I was so tired*, *I was a bit impatient*. Add *a bit* and *so* to the table.

- 5** **IDIOMS** There are lots of different ways of saying we are happy or sad and many of them are idioms. Are these people happy or sad? Draw ☺ for happy or ☹ for sad.

- I'm **feeling on top of the world** after my holiday. ☺
- She waved goodbye and then she **burst into tears**.
- I've got the job so I'm **thrilled to bits**!
- My sister's **feeling sorry for herself** because she lost her phone and can't afford a new one.
- She's been **walking on air** ever since she met Mark.
- You're **full of the joys of spring** today. Has your team won the championship?

- 6.1** **WORD BUILDING** Choose the correct adjective in each of these sentences and then finish the rules in 6.2.

- I was really *boring* / *bored* on holiday. There was nothing to do.
- Last night's show was really *disappointing* / *disappointed* – we wasted our money.
- We were very *surprising* / *surprised* when we got to the hotel and it was closed.
- Tom was so *exciting* / *excited* when he received your letter with the good news.
- He hated talking in public so he felt very *worrying* / *worried* about giving a speech.
- Sourav gave me a ride on his motorbike. It was absolutely *terrifying* / *terrified*.
- I didn't find the holiday *relaxing* / *relaxed* because my friend wanted us to go out all the time.

- 6.2** Put **-ed** or **-ing** in the sentences below.

Adjectives ending in describe a feeling. Adjectives ending in describe what caused the feeling.

- 6.3** Complete this table.

Noun	<i>fear</i>	<i>amazement</i>			<i>annoyance</i>	
Verb		<i>amaze</i>	<i>embarrass</i>	<i>please</i>		<i>excite</i>
Adjective	<i>frightening</i> <i>frightened</i>		<i>embarrassing</i> <i>embarrassed</i>	<i>pleased</i> <i>pleasing</i>		<i>exciting</i> <i>excited</i>
Noun	<i>depression</i>		<i>pride</i>	<i>anxiety</i>	<i>misery</i>	
Adjective		<i>angry</i>				<i>jealous</i>

Exam practice

LISTENING Part 1

 4c Listen to the recordings and choose the best answer A, B or C.

- 1 You overhear a woman telling a friend about a conversation she had with her parents.
How did her parents feel about her news?
A furious
B astonished
C pleased
- 2 You hear a man talking about an activity holiday he went on.
How did he feel at the end of it?
A annoyed
B relieved
C upset

 Listen again.

Exam Tip

Listen carefully for words which mean the same as the questions, e.g. if *frightened* is in the question you might hear *scared*, *afraid* or *terrified* in the recording.

USE OF ENGLISH Part 3

For questions 1–10, read the text below. Use the word given in capitals at the end of each line to form a word that fits in the space in the same line.

Jealousy is a (0) *confusing* emotion and it can make people behave in totally (1) ways. It can of course have a wide (2) of causes and some people feel jealous more easily than others.
It could be that you are (3) that your team didn't win the (4) and you can't bear to watch the other team receive the cup. The acceptable response is to offer them your (5) and not to show your jealous feelings.
Jealousy may also have its origins in other more (6) circumstances such as a friend getting a job you wanted yourself.
You should not show your (7) as this can make you look (8) small-minded. If you do express your views, it will be (9) for the other person, who can't do anything about their success, and you may even lose a friend unless you (10) immediately.

Exam Tip

Sometimes you have to make a word negative.

CONFUSE
EXPECT
VARY

DISAPPOINT
CHAMPION
CONGRATULATE

PERSON

ANNOY
REAL
EMBARRASS
APOLOGY

WRITING Part 2: story

Your teacher has asked you to write a story for an international magazine. The story must begin with the following words:

Jakob was absolutely furious when he saw what was going on outside his window.

Write 120–180 words.

Exam Tip

Think about what will happen in your story. How do the characters feel? How will the story end?

5 Looking back

The past, time

The past

1 When did these events happen? Match each event (1–8) with an appropriate time expression (A–H).

- | | |
|---|--|
| 1 The Beatles pop group played together | A millions of years ago. |
| 2 Vaccinations were not invented | B in the 1940s. |
| 3 Humans started painting pictures in caves | C from 1960 to 1970. |
| 4 Dinosaurs lived on earth | D in 1961. |
| 5 The first helicopter was flown | E about 30,000 years ago. |
| 6 The Great Wall of China was built | F until the eighteenth century. |
| 7 Nelson Mandela became president of South Africa | G more than 2000 years ago. |
| 8 The first man went into space | H towards the end of the 20th century. |

2.1 Look at the two photos below. Where do you think they are?



2.2 5a Now listen to a student talking about the two photographs. Complete the gaps with his answers.

- In the first picture there's a very *old wall* and in the second there are some *cave paintings*
- The are older than the
- The wall was built about
- The paintings were done
- The wall is in and the paintings are in

2.3 5b Now listen to the student talking about these questions and note his answers.

What is the oldest thing you can see in your country?

When was it made?

Check your answers, then answer the two questions about your own country. **LIVEWORKSHEETS**

3.1 Read this text and choose the correct words to complete it.

Prehistoric Britain

We have archaeological (1) *evidence* / *facts* of people living in Britain dating back to about 10,500 years ago. This period is known as prehistory, and there are no written (2) *catalogues* / *records* which go back this far. The (3) *population* / *community* of Britain must have been very small in prehistoric times. Historians have no precise (4) *scores* / *figures*, but they think that there were no more than a million (5) *residents* / *inhabitants*. These prehistoric Britons belonged to different (6) *tribes* / *dynasties* and spoke a number of different languages. All of them are the (7) *ancestors* / *descendants* of modern British people. They survived by (8) *hunting* / *chasing* animals and gathering berries and fruit in the wild. About 2,750 years ago people in Britain began to lead a more (9) *settled* / *seated* life and farming techniques improved. People began to grow crops and keep animals to provide them with the (10) *goods* / *produce* they required such as meat, wool and milk. They also made (11) *tools* / *machines* out of iron, and this period is known as the Iron Age. The people of this time built huts to live in and had quite sophisticated (12) *beliefs* / *opinions*. We know that they had a strong tradition of telling (13) *histories* / *stories* orally, but they left no trace of a written language behind. It was only when the Romans (14) *invaded* / *attacked* Britain just over two thousand years ago that the written word arrived.

Error warning

History means all the events that happened in the past:

She's studying for a degree in ancient history because she's fascinated by it.

A **story** is a description of real or imagined events, often told to entertain people:

The story is about three boys who explore an old castle.

3.2 WORD BUILDING Complete the different parts of speech. (Sometimes there are two nouns.)

Noun	<i>history</i>	<i>prehistory</i>	<i>archaeology</i>	<i>evidence</i>
Noun (person)	<i>historian</i>	_____	_____	_____
Adjective	<i>historical</i>	_____	_____	_____
Verb	<i>populate</i>	<i>civilise</i>	<i>invade</i>	<i>reside</i>
Noun	<i>population</i>	_____	_____	_____
Noun (person)	_____	_____	_____	_____
Verb	<i>inhabit</i>	<i>descend</i>	<i>believe</i>	<i>survive</i>
Noun	_____	_____	_____	_____
Noun (person)	_____	_____	_____	_____
Noun	<i>discovery</i>	<i>abolition</i>	<i>cause</i>	
Verb	<i>discover</i>	_____	_____	
Noun	<i>invention</i>	<i>colonisation</i>	<i>introduction</i>	
Verb	_____	_____	_____	

Error warning

Historic means

important (or likely to be important) in the past: *a historic building, a historic event/day.*

Historical means connected with the study or representation of things in the past: *a historical novel, historical documents*

3.3 Now do a mind map with the headings History, Prehistory and Archaeology to help you remember the vocabulary. See pages 2–3 for an example.

Time

4.1 Choose the correct answer.

- Several years have *spent* / *passed* since I saw Jenna.
- School music lessons usually *last* / *pass* an hour.
- If I travel during the rush hour, it *lasts* / *takes* me an hour to get to work.
- The talks *went on for* / *spent* three days, but no decisions were reached.
- I *spent* / *lasted* three hours writing the report for today's meeting.



Vocabulary note

We use **last** to say how long something goes on for: *The film lasts an hour.*

If you **spend** time doing something, you do it from the beginning to the end of the time: *He spent all day planning the trip.*

The verb **pass** means that time has gone by: *Several weeks have passed since I saw my sister.*

If something **takes** time, you need that amount of time to do it: *It may take us several weeks to get back.*

4.2 Answer these questions by writing a sentence about yourself in your notebook.

- How long does it take you to fly from your country to London?
- How long does summer last in your country?
- How many years have passed since you left primary school?
- How long have you spent studying English today?
- How long does it take you to get from home to work / college every day?
- What's the longest film you've ever seen? How long did it go on for?

5 COMMON EXPRESSIONS What is the difference between the expressions in A and B?

- A The party started at eight, and we arrived **on time**.

B We arrived at the party **in time** to see Diana cut her birthday cake.
- A I **have a lot of time for** Anna because she's always so pleasant and helpful.

B I **have no time for** Lisa – she's always rude and negative about everything.
- A I spent three hours walking around the gallery and **the time flew!**

B I spent several hours at the airport **just killing time**.

6.1 Choose the correct answer to each question.

- | | |
|--|--|
| 1 Do you usually arrive on time for lessons? | A After I missed my train home. |
| 2 Do you get home in time to eat with your family? | B People who are always grumpy. |
| 3 Who do you have a lot of time for? | C Of course I do! |
| 4 Who do you have no time for? | D My sister – she's important to me. |
| 5 Does time fly when you read a book? | E Yes, we always have a meal together. |
| 6 When did you last have to kill time? | F Always, I don't know where it goes. |

6.2 Now answer each question for yourself.

Exam practice

USE OF ENGLISH Part 1

For questions 1–12 read the text below and decide which answer (A, B, C or D) best fits each space.

THE FIRST PEOPLE

From the arrival of the first modern humans to the beginning of recorded history is a (0)..... of about 100 centuries, or 400 generations. We know very little about what (1)..... at this time because these (2)..... people left no written records of themselves. What we know about them comes from the (3)..... archaeologists have found at different (4)..... .

We know that throughout prehistoric times there were many small-scale societies, and a lot of different (5)..... living in the British islands. These groups were often in (6)..... with their neighbours and frequently attacked each other. They also had contact with peoples in other parts of Europe and (7)..... trade with them. The many objects found in tombs and burial chambers (8)..... this.

The first written accounts of Britain (9)..... from the time when Julius Caesar invaded Britain just over two thousand years (10)..... . The Romans did not colonise the islands of Britain to any significant extent. To a population of about three million, Caesar's army and administration (11)..... only a few percent. The towns and villas of the new Roman province were nearly all built by wealthy people from the British islands who later became Roman (12)..... .

- | | | | |
|----------------|--------------|----------------|-------------|
| 0 A spell | B term | C period | D stretch |
| 1 A went on | B passed out | C went through | D passed by |
| 2 A elderly | B ancient | C antique | D old |
| 3 A marks | B proof | C evidence | D signs |
| 4 A sites | B positions | C settings | D grounds |
| 5 A families | B dynasties | C tribes | D classes |
| 6 A contest | B fight | C battle | D conflict |
| 7 A did | B had | C made | D kept |
| 8 A try | B prove | C test | D check |
| 9 A belong | B exist | C begin | D date |
| 10 A ago | B previously | C since | D earlier |
| 11 A grew | B increased | C added | D raised |
| 12 A residents | B citizens | C inhabitants | D tenants |

Exam Tip

If one answer 'feels' right, trust your instincts! If you are unsure, try to work out which answers are wrong. See what is left, and if you are still unsure, guess!

WRITING Part 2: article

You have seen this announcement in an international student magazine. Write 120–180 words.

Articles wanted!

FAMOUS BUILDINGS

We're doing a series on famous historical buildings. Could you write about a famous ancient building in your country? If so, write and tell us where it is, what it's called, and something about it. The best articles will be published.

Exam Tip (also see writing checklist on p. 100)

Give your article a title and try to make it lively and interesting.