6 TOTALLY EMOTIONAL

VOCABULARY Expressing emotions

1 **Match the words and phrases to the meanings.**

1 optimistic .....
2 pessimistic .....
3 over the moon .....
4 furious .....
5 scared .....
6 fed up .....
7 relieved .....
8 depressed .....
9 content .....

a happy that something unpleasant has not happened
b very pleased about something
c very angry
d unhappy and without hope for the future
e frightened
f always believing that bad things are likely to happen
g annoyed or bored by something that you have experienced for too long
h always believing that good things will happen
i pleased with your situation and not hoping for change or improvement

2 **Complete the sentences with the words in Exercise 1.**

1 I'm really _____ of horror films.
2 I was _____ with the person who stole my bike.
3 I was _____ about winning first prize in the essay competition.
4 I'm really _____ with my brother for borrowing my laptop without asking me.
5 He's feeling _____ about passing his exams tomorrow because he didn't revise much.
6 I'm feeling _____ about passing my exams because I've done lots of revision.
7 I was _____ about finding our lost cat safe and well this morning.
8 I sometimes get _____ about all the bad news I see on TV.
9 She's a very happy person who is _____ with her life.

3 **Choose the correct words. Sometimes two are correct.**

1 Our new teacher is really good fun. She's always *anxious* / *depressed* / *cheerful*.
2 Mum was angry when I got home late last night, but I know that it was because she was *down* / *concerned* / *anxious* about me.
3 Jude was a bit *irritated* / *relieved* / *content* because I was late again.
4 When my brother wasn't allowed to go on the school trip he was really *content* / *over the moon* / *bad-tempered* all day.
5 Our cousins have got a huge dog and my little sister was *scared* / *fed up* / *petrified* of it when they visited us.
6 I was really *down* / *cheerful* / *depressed* about failing my exams.

4 **Find the odd word out.**

1	down	depressed	cheerful	pessimistic
2	irritated	concerned	furious	bad-tempered
3	fed up	relieved	optimistic	over the moon
4	content	cheerful	concerned	relieved
5	furious	petrified	scared	anxious

READING

PREPARE FOR THE EXAM

Reading and Use of English Part 1

1 **Read the first three paragraphs of the text and decide which answer (A, B, C or D) best fits each gap.**

0	(A) about	B around	C for	D with
1	A left	B missed	C escaped	D avoided
2	A example	B enquiry	C experiment	D examination
3	A nearby	B about	C throughout	D around
4	A state	B shape	C position	D frame
5	A grow	B increase	C climb	D spread
6	A goals	B reasons	C points	D objects
7	A sensitive	B alive	C informed	D aware
8	A slightly	B almost	C hardly	D little

EXAM TIPS

- If you don't know the answer, try to decide which options do not fit the gap and choose a different one.
- Read the whole text through again to check it makes sense.

LIVEWORKSHEETS

Happily bored!



Have you ever complained **(0)** *about* being bored? Most of us have. Many people think of boredom as something to be **(1)** _____, but being bored can actually lead to great things.

Here is an **(2)** _____ for you to try. Just do nothing for a moment. Observe your thoughts. Your brain isn't doing nothing, is it? It's listening and watching, processing everything **(3)** _____ you, and it may seem quite busy. Your brain is in *Beta mode*. In this **(4)** _____, we act and get things done. Beta brainwaves **(5)** _____ when we are learning, talking or excited. They help us to focus and achieve **(6)** _____.

Now try being truly bored. Just sit there and try not to think of anything. Gradually, you may notice that your thoughts become less busy. You may become **(7)** _____ of the little sounds and events that surround you. You may begin to think things that had never crossed your mind before. Or you might **(8)** _____ think at all.

When your brain is this inactive, you are said to be in *Alpha mode*. Alpha waves happen when we are very peaceful or relaxed. Our breathing slows. People who spend more time in this state are more likely to daydream, and tend to fall asleep and stay asleep more easily. They might also get less stuff done!

Scientists use a special electronic device to measure brain activity and they can tell whether the brain is in Alpha or Beta mode. Everyone's brainwave activity changes all the time, depending on what they are doing or feeling.

Famous creative thinker Steve Jobs, who co-founded Apple Computers and directed the development of iPads and other new technology, said, 'Boredom allows us to experience curiosity, and out of curiosity comes everything.' He spent many productive hours being bored, and ended up having some pretty amazing ideas.

Scientist Albert Einstein said, 'The monotony of a quiet life stimulates the creative mind.' Just imagine him sitting there with nothing to do, twiddling his thumbs and daydreaming. Do you think young Albert would have had the flashes of inspiration which led to his famous theories if he'd had a mobile phone or computer with games on it back in 1903? Or would he have been too busy trying to reach the next stage in his favourite game?

You didn't know daydreaming was a valuable activity, did you? Many large companies, like Google and Pixar Animation, see creativity as a major business advantage, and they reward their most creative daydreamers for coming up with original ideas. They even have special rooms for encouraging daydreaming, complete with comfortable sofas. People that work at these companies are encouraged to relax and stare into space sometimes, because the companies can see what great ideas come out of these daydreaming sessions. Employees should be careful that they don't actually fall asleep though.

It can be hard to find the time to be bored. If you are lucky enough to have quiet time or simple, repetitive jobs to do, enjoy those moments of boredom. You might have an inspiring thought while you are peeling potatoes, or come up with the next brilliant idea for a story while you're watching the rain run down the window. And that's not boring at all, is it?

2 Are the sentences true or false, or is there no information given in the text?

	True	False	Not given
1 The brain is more active in the Beta state.	.....	.....	.....
2 Some people are always in the same brain state.	.....	.....	.....
3 Steve Jobs was less creative when he was in Alpha state.	.....	.....	.....
4 Albert Einstein had some very good ideas when he was at work.	.....	.....	.....
5 Google and Pixar encourage their employees to sleep at work.	.....	.....	.....
6 People should always try to avoid being bored.	.....	.....	.....

3 Match the highlighted words in the text to the meanings.

1 the state of being bored _____
2 have pleasant thoughts about something you like or would like to happen _____
3 the feeling of wanting to know about something _____
4 watch something carefully _____
5 piece of equipment used for a particular purpose _____

LIVEWORKSHEETS