TEENS AND EMOTIONS

You will hear a monologue about why teenagers experience strong emotions. For questions 1–6, complete the sentences with a word or short phrase. Play the recording twice.

1. Hormone changes can cause teenagers to be happy one moment and very _____ the next.

2. Emotional control is one of the last parts of the _____ to mature.

3. Teenagers spend a lot of time with their _____ and these relationships are very important to them.

4. Teens can feel _____ before a test or _____ if their marks are low.

5. Changing from a child to an adult during teen years can be _____ but it can also be _____ and confusing.

6. Talking to someone, exercising, getting enough _____ and taking time to relax can help teenagers deal with emotions.



LIVEWORKSHEETS