1 Fill in the correct form of the word in capitals.

1. I need more information before I can make a ..... . DECIDE
2. You seem ..... . Is everything OK? ANXIETY
3. I find music very ..... when I'm trying to study. DISTRACT
4. Winning the game gave the team ..... . CONFIDENT
5. Tom felt ..... after a long day at school. SLEEP
6. Was the teacher happy with the students' ..... in the test? PERFORM

6

2 Fill in the correct word. activity ✦ advice ✦ benefit ✦ energy ✦ impact ✦ mood

1. She was in a bad ..... because she didn't do well in the maths exam.
2. Do you think technology has a negative ..... on young people?
3. One ..... of listening to music is that it helps you relax.
4. Thanks for the ..... you gave me. It really helped.
5. If you go to bed early, you'll have more ..... in the morning.
6. A(n) ..... I really enjoy is playing basketball.

6

3 Choose the correct word.

1. **To / In** my opinion, Taylor Swift is a great singer.
2. I try to use my phone **in / with** moderation.
3. Sorry, I took your pen **from / by** mistake.
4. Luke is playing games **on / at** his phone again.
5. Your music is very loud. Can you turn it **up / down**, please?

5

4 Fill in the correct verb. do ✦ make ✦ take ✦ set ✦ scroll

1. It's a good idea to ..... limits on your screen time.
2. What do you do to ..... your mind off your problems?
3. I need to ..... a quick call to my mum.
4. The children usually ..... their homework after lunch.
5. I often ..... through social media before I go to bed.

5

5 Choose the correct word.

1. It is hard for me to find the **motivation / notification** to study.
2. Would you **practise / recommend** this app for studying?
3. Most students today have busy **schedules / situations**.
4. He pressed **previous / pause** to stop the video.
5. You need to make an **effect / effort** if you want to do well in the exam.
6. Does classical music help you **concentrate / organise** while studying?
7. Anna's marks have **improved / affected** this year.
8. What **skills / surveys** do you need to do this job?

8

LIVEWORKSHEETS