

Vocabulary Unit 4

Feelings and emotions

1 Complete the nouns and adjectives with the endings in the box. Watch your spelling.

-ance -ation -dom -etic -ful -ment -ing -y

- | | |
|--------------------|--------------------------|
| anger (noun) | <u>angry</u> (adjective) |
| 1 annoy (verb) | _____ (noun) |
| 2 bore (verb) | _____ (noun) |
| 3 embarrass (verb) | _____ (noun) |
| 4 excite (verb) | _____ (adjective) |
| 5 relax (verb) | _____ (noun) |
| 6 stress (noun) | _____ (adjective) |
| 7 sympathy (noun) | _____ (adjective) |

2 Complete the words in the sentences.

People sometimes show anger when someone makes them feel embarrassed.

- Two emotions that people often feel on a roller coaster are e_c_te_e_t and f_a_.
- When a friend is w_r_i_d about something, we shouldn't show a_no_an_e, even if we think they are being silly.
- When you experience su_p_i_e, it's impossible to feel b_r_do_, too.
- When someone you love is feeling s_r_s_ed about exams, you should show them s_m_a_hy.

3 Choose the correct words.

Shannon 16: My bad grades are **worried / worrying** and I'm stressed. Any ideas what might help me?

Brady 12: Some types of music are (1) **relaxed / relaxing**. Why don't you play classical music when you're studying?

Vince 15: I don't agree. When I'm studying, I find noise really (2) **annoyed / annoying**.

Brady 12: Well, I'm a bit (3) **embarrassed / embarrassing** to say it, but I listen to music from the 50s when I study. Lots of people get (4) **bored / boring** with that kind of music, but I like it.

Shannon 16: Brady 12, that's really (5) **surprising / surprised**! I love that music, too! All of my friends are (6) **annoyed / annoying** when I play it for them, but I don't care! I'm going to start listening to that when I study! I know it will help me to relax!

Music, mood and health

4 Find six verbs in the wordsnake. Write them down.

dg affect v fconcentrate h jkdistract ferrimprovem njincreasell produce cfr

- | | |
|---------------|---------|
| <u>affect</u> | 3 _____ |
| 1 _____ | 4 _____ |
| 2 _____ | 5 _____ |

5 Choose the correct words.

I believe that listening to loud music speeds up / down my running.

- I asked you to turn **down / out** the TV because I'm studying. I didn't want you to turn it **out / up**!
- Why are you so stressed? You really need to calm **out / down**!
- Stacie is feeling a bit sad. Let's take her out for the day to cheer her **up / down**.
- You're driving too fast. Please slow **up / down**!
- Tom works **out / up** twice a week. He's very fit.

6 Complete the advice with the words in the box.

affect calm down ~~cheer up~~ improve
sing along slowing down turn up

Are you feeling sad? ☹ Do you want to cheer up? (1) _____ your bad mood by doing something fun. How about playing music? (2) _____ the volume and dance around the room! It'll (3) _____ how you feel in just a few minutes.

Are you feeling stressed? ☹ Time to (4) _____! Try these simple tips and RELAX!

• Reduce that stressful feeling by (5) _____ your breathing.

• Play some relaxing music and (6) _____.

Are you feeling better now? ☺

