

1 Complete the sentences with the correct adjective. The first two adjectives in the word square.

1 I'm excited because we had training session this morning.

2 Peter is really motivated to try his hardest in the tennis match.

3 Maria is excited to be playing her first game on the basketball team.

4 I'm a little scared today, we are playing the best team in the contest.

5 Nubia is sad because she didn't score a goal this time.

6 The Red Socks Football Team is really happy that they won the championship!

7 They were disappointed because they lost the game.

8 Jaime and Tim are bored because it is raining and the game has been postponed.

9 She is delighted because she won her volleyball game.

10 We are sad because we are losing the game.

opening ceremony. This made her feel ⁶

and excited. What an inspirational woman!

2 CHOOSE THE CORRECT OPTION.

1. Motivation/Motivated really helps people succeed.

To feel motivation/motivated you need to set realistic goals.

2) When some people feel irritation/irritated, they find it hard to hide their irritation/irritated

3) Sometimes when my football team lose I get angry/anger. My angry/anger doesn't last for long, because I know they tried their best.

3 Complete the sentences about yourself

1) The last time I felt sad was when my mother died

2) When I was happy very happy

3) I was concerned when my father is very wonderful crying

4) my sister and my brother

1) Which one is not a source of stress

a. Parents getting divorced

b. Not having enough time

c. Having high marks

d. Parents

2) Which one is not a symptom of stress?

a. Horrible Feeling in your stomach

b. Sweaty hands

c. no appetite

d. Sleeping well

3) Which one is not a possible help for stress?

a. meditating

b. playing

c. Thinking about the problem

d. appreciating nature

4) Which one is a way to care for other people?

5) Which one is an example of assertive communication?

a. Hey! Close the door!

b. Shout up!

c. Could you help me, please?

D. I Can't, I'm busy.

6) Which one can be an assertive response to 'Shut up!'?

A. Close your mouth!

B. Can you please be quiet?

C. Please, Shut up!

D. Silence

7) Which one can be an assertive response for 'I

Can't, I'm busy?

A. Forget it

B. No.

C. I'm sorry, but I Can't. I have to help my mum

D. No Way!

8) Choose an assertive negative response to

an invitation to the cinema

A. No Way!

B. No, I Can't.

C. I don't, but I'm afraid I Can't.

D. Are you crazy?

9) Which one is ~~not~~ a compliment?

A. You can do it better.

B. You are so smart.

10) You are one of a kind' is _____.

A an invitation

☒ B a ruse

C an insult

D a compliment

1) I am really _____ because the game was long and hard.

A motivated

☒ C bored

☒ B tired

D happy

2) WP could all see _____ about sailing

☒ A. Concur

☒ C happy

B. Concur

D. happiness

3) She _____ at all motivated, but she still won the game.

a was ☒ b wasn't c were d weren't

4) They were _____ because they lost the game.

a delighted

☒ c disappointed

b motivated

D. excited

5) Hard work, determination and motivation are the key to _____

6. Success

C. Honesty

b. responsible

D. irritation

6 WHICH IS NOT a good value?

a. Teamwork

☒ C. Aggressiveness

b. respect

D. Honesty

7 We are _____ because it is raining and we have nothing to do.

☒ a. bored

C. Happy

b. excited

D. delighted

8 She was _____ because her basketball team won.

☒ a. delighted

C. Scared

b. disappointed

D. bored

9 They _____ excited to be playing in the finals for the first time.

a. was b. wasn't ☒ c. were d. weren't

10 When playing a sport in a team, _____ is important.

a. Sadness

☒ c. Cheer

b. Fear

d. respect