

1 Complete the sentences with the correct adjective. Find the adjective in the word square.



1★ I'm tired because we had a hard training session this morning.

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

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

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

5★ Nibia is annoyed because she didn't score a goal this time.

6★ The red socks football team is really happy they won the championship.

7★ The new jersey cats are disappointed 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.

2 How do these people feel? Write words from exercise 1 under the photos.

1

bored

2

Sad

3

tired

4

excited

5

brave

2 Lesson

1 paralyzed

2 well

3 on

4 reward

5 winner

6 well

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 loses I get angry / angry. My anger / angry doesn't last so long, because I know they tried their best

3 Complete the sentences about your self

- 1 The last time I felt sad was when he hits me
- 2 when I - I couldn't hide my excitement I don't feel well
- 3 I was concerned when is lost my ball
- 4 really motivated me Dance

1 which one is **not** a source of stress?

Rta C (having high marks)

2 which one is **not** a symptom of stress?

Rta D sleeping well

3 which one is **not** a possible help of stress?

Rta C (thinking about the problem)

4 which one is a way to cope for other people?

Rta B (keeping in touch)

5 which one is an example of assertive communication?

Rta C (could you help me please)?

6 which one can be an assertive response to : shut up?

Rta B (can you please be quiet)

7 which one can be an assertive response for : can't I am busy

Rta C (I'm sorry but I can't I have to help my mum)

8 choose an assertive negative response to an invitation to the cinema?

Rta C (thanks but I'm afraid I can't)

9 which one is **NOT** a compliment

Rta A you can do it better

10 you are on of a kind is

Rta D (a compliment)