

THEME 3 HARD TIMES VOCABULARY EXERCISES (SPICE UP)

A. Read the following statements about staying positive and strong during hard times. Match them with their explanations. One is extra.

- a. Well, things aren't going so well for you. That isn't great, but there are still many things in life to be thankful for. _____
- b. Life is best learned from experience. When things don't go as planned, try to understand the reason. _____
- c. Nothing lasts forever. It doesn't matter how good or bad it is; it will pass. _____
- d. Remember the similar problems you've had. This can make you feel better. _____
1. Even bad times come to an end.
 2. You've faced difficulties before.
 3. You have many personal strengths.
 4. Experiences teach you valuable lessons.
 5. There are many reasons to be thankful.

B. Match the words with the correct definitions. One is extra.

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|------------|---|
| 1. youth | a. the state of moving from one place to another |
| 2. senior | b. a temporary place to live for homeless people |
| 3. shelter | c. fourth or final year student of a college or high school |
| 4. scholar | d. a student who is given support to study at a university |
| | e. young people considered as a group |

C. Read the sentences and fill in the blanks with the correct words. One is extra.

scholar / shelter / youth / senior / homeless

1. Uncle Ted used to be a great football player in his _____. He is still playing, though.
2. When I was a _____, I had to study really hard to keep my scores high at Oxford. It was so tiring.
3. The first two years of university are usually difficult for new students. A _____ should be a role model for younger students and help them.
4. The organisation is really professional. They supplied food and _____ to the families who survived the earthquake.

D. Guess the meaning of the bold words in the sentences and choose the correct option.

1. Millions of people **immigrated** to the new world for better living conditions.
a) to visit for a short time b) to arrive at somewhere c) to enter a country permanently
2. The boat was kept stable after everything was **tossed** into the sea.
a) to keep b) to throw c) to catch
3. As it was his **last resort**, the survivor ate whatever he could find on the island.
a) only place to stay b) only choice left c) final truth
4. New immigrants **struggled** to adapt to the poor working conditions.
a) to fight b) to agree c) to make peace
5. It was quite **touching** to see the baby hugging her mother after being separated for a few days.
a) entertaining b) strange c) heartbreaking
6. He dreamed of having a **steady** life with a full-time job and a reliable income.
a) regular b) uncertain c) moving

E. Fill in the blanks with the following words

toss / steady / last resort / struggled / immigrated

1. After retirement, Jeffrey intends to lead a _____ life in a village.
2. When the plane began to descend, the pilot decided to _____ everything on board to save his life.
3. It was an exciting match; both teams _____ until the last minute.
4. The patient finally agreed to try the new medication because it was his _____.
5. In the early 20th century, millions of Europeans _____ to the United States.

F. Match the words with their definitions

healing / self-awareness / relief / nausea

1. a sense of sickness in the stomach that makes you think you're about to vomit _____
2. a happy sense that something bad hasn't happened or has ended _____
3. the process of becoming better, especially after an illness, a wound or another type of harm _____
4. what you know and what you think about yourself _____

G. Fill in the blanks with the following words.

Art therapy / Group therapy / Dance therapy

1. They thought it would be hard for me to walk after breaking my leg, but _____ changed everything.
2. _____ was important in my recovery from an eating disorder. Sharing stories with others is really helpful.
3. She thinks less about her illness now because she attends _____. Colours have that kind of power.

H. Read the story and choose the correct option for each gap.

Juno the Tough Cookie

Juno, a four-year-old Golden Retriever mix, was a (1)_____ dog on the streets of Miami. When she was found and picked up by animal control officers, they (2)_____ she was injured or sick. Yet, she was found to be in perfect health after being examined by the vet. A couple of days later, she met her future owner, Melody, and found her new home. All was well for her owner and Juno until they received the (3)_____ news. One day, Melody noticed some bumps on Juno's neck. They went to the vet and learned that the bumps were cancerous. It turned out that she had lymphoma and without (4)_____, Juno would only live another month or so. Melody decided to find a way to fight Juno's illness. She took Juno to the animal medical centre where she started chemotherapy treatments with promising results. As the weeks and treatments passed, she was reacting incredibly well to the chemotherapy! The first few days after each treatment were always the (5_____)___ for poor Juno. She wouldn't eat as much and would sleep a lot more. (6)_____, Juno completed her twenty chemo treatments, to everyone's delight! Blessed with a second chance at life, Juno still lives with Melody, and she has a baby now!

1. a) cheerful b) stray c) mobile
2. a) thought b) taught c) talked
3. a) happy b) good c) sad
4. a) harm b) treatment c) injury
5. a) best b) worst c) perfect
6. a) Eventually b) Never c) Firstly