

G something, anything, nothing, etc.

V adjectives ending -ed and -ing

P /ɪ/, /aʊ/, and /ʌ/

1 VOCABULARY adjectives ending -ed and -ing

a Circle the correct adjective.

HOW TO SURVIVE
THE WINTER

If you're in the middle of a long, dark winter and are beginning to feel a little ¹*depressed* / *depressing* about spending another cold weekend at home, don't worry. Here are some things you can do to make yourself feel better.

✳ Get moving

Exercise is one of the best things you can do. But remember that doing just one kind of exercise can get a little ²*bored* / *boring*, so try different things. Go swimming, go for a walk, get on a bike, etc.

✳ Eat chocolate

The newspapers all got very ³*exciting* / *excited* recently about reports that chocolate is good for you – and it seems to be true. Chocolate contains tryptophan, which makes you feel happier and more ⁴*relaxed* / *relaxing*.

✳ Book a vacation or a weekend away

It always helps to do something different. A vacation somewhere hot – or a skiing vacation – can mean you get to see the sun. But if you don't have much money or you're ⁵*frightened* / *frightening* of flying, a weekend away close to home also gives you something to look forward to.

✳ Read a book

Turn off your phone and the TV, and shut down your laptop. Go to your local book store. These usually have all kinds of ⁶*interested* / *interesting* books you can read.

✳ See people

Not online, but in real life. Invite people to your house for dinner. In the middle of winter, an evening in front of the fire with family and friends is really ⁷*relaxed* / *relaxing*.

b Complete the sentences with adjectives ending -ed or -ing, e.g., *interested* or *interesting*.

- I'm reading a really *interesting* article.
- Going away for the weekend is very r_____.
- This movie is really b_____. Turn the TV off.
- Sonia's very d_____ because she lost her job.
- My cousin is very i_____ in fashion.
- Congratulations! That's really e_____ news.
- The news is really d_____ right now.
- We had a very fr_____ experience yesterday.
- Mom, I'm b_____! There's nothing to do!
- The dogs were very ex_____ to see us when we came home.

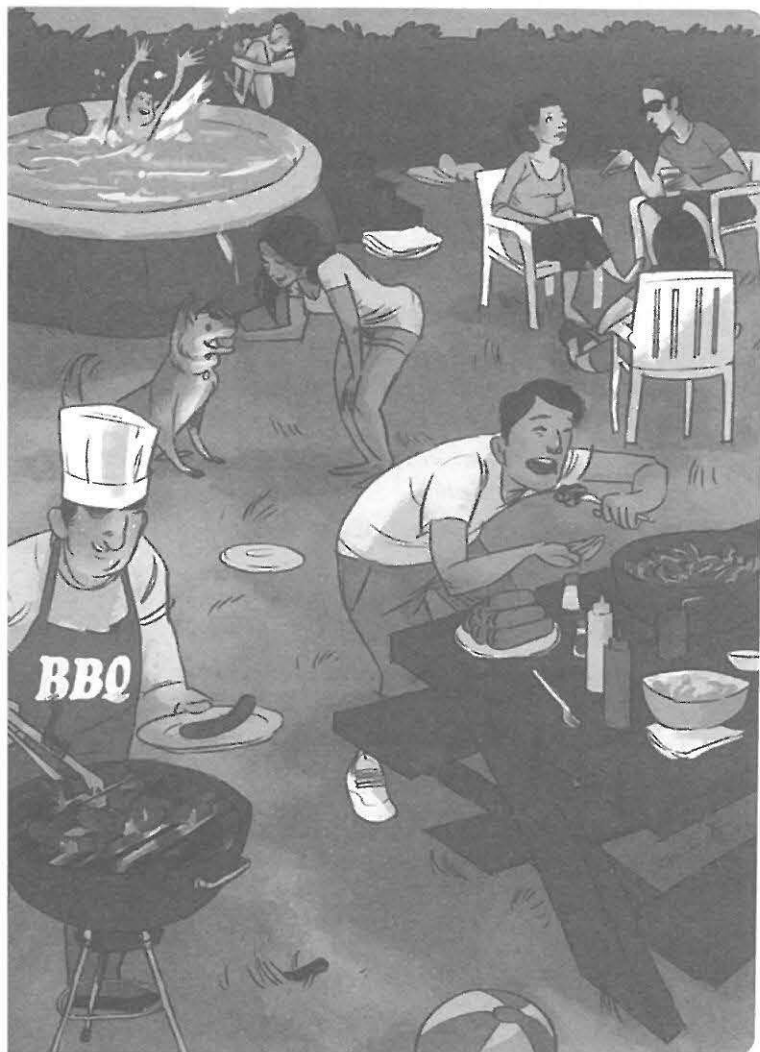
2 GRAMMAR something, anything, nothing, etc.

a Complete the sentences with a word from the list.

anybody anything anywhere no one nowhere
someone something somewhere

- We didn't do *anything* special last weekend.
- Did you know _____ at the meeting today?
- It's very boring in this town. There's _____ to go in the evenings.
- He couldn't find his keys _____.
- I met _____ from my old school at the party last night.
- Lucas has _____ to tell you.
- I called twice, but _____ answered.
- We found _____ to stay in Montreal. It's a nice little hotel.

b Look at the picture. Mark the sentences **T** (true) or **F** (false). Correct the false sentences. Use *something, anything, etc.*



- 1 There isn't anywhere to sit. F
There's somewhere to sit.
- 2 The man on the right is eating something. _____

- 3 Nobody is dancing. _____

- 4 There's nothing on the ground. _____

- 5 Someone is playing with the dog. _____

- 6 The man who's cooking isn't wearing anything
on his head. _____

- 7 There isn't anybody in the water. _____

- c Complete the sentences with a word from each list.

bored boring exciting relaxed

anyone anything nothing something

- 1 My friends did something unusual on vacation. They swam with dolphins, and they said it was really exciting.
- 2 The children were _____ because there was _____ to do.
- 3 Yoko thought the party was a little _____ because she didn't know _____.
- 4 Tim is _____ because there isn't any homework. He isn't doing _____.

- d Answer the questions in full sentences so they are true for you.

- 1 When were you last bored because there was nothing to do? _____

- 2 Have you ever done anything unusual on vacation? Was it exciting? _____




- 3 When was the last time you went to a boring party? Did you know anyone? _____

- 4 When was the last time you went to a store and didn't buy anything? _____

3 PRONUNCIATION /ɛ/, /ou/, and /ʌ/

- a Write the words in the chart.

anything clothes coat customer don't dress
friendly funny gloves goes home lunch never
nothing photos something sweater website

		
egg <i>anything</i>	phone <i>clothes</i>	up <i>customer</i>

- b** **4.3** Listen and check. Then listen again and repeat the words.