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POTENTIAL

WORKBOOK WITH E-BOOK+



B2
Level 4

Vocabulary

Emotions

1 Circle the emoji (A, B, C) for each emotion.

	A	B	C
1 cross			
2 cheerful			
3 relaxed			
4 embarrassed			
5 nervous			
6 thrilled			
7 satisfied			
8 frustrated			

2 29 Listen. Choose the emotion (a, b or c) each person feels.

- | | |
|-----------------|----------------------------------|
| 1 a irritated | 5 a relaxed |
| b frustrated | b nervous |
| c upbeat | c over the moon |
| 2 a puzzled | 6 a fed up |
| b contented | b delighted |
| c furious | c on the edge of her seat |
| 3 a delighted | 7 a furious |
| b grumpy | b has butterflies in his stomach |
| c disappointed | c irritated |
| 4 a chilled out | 8 a grumpy |
| b anxious | b upbeat |
| c tense | c hopping mad |

3a Read the information. Write each adjective in the correct list.



Look!

The -ed at the end of verbs and adjectives is pronounced in one of three ways.

- /ɪd/ after verbs ending in the sounds /t/ or /d/
Examples: *waited, ended*
- /d/ after verbs ending in voiced sounds (/b/, /g/, /l/, /v/, /ð/, /z/, /ʒ/, /dʒ/) or vowel sounds
Examples: *moved, played*
- /t/ after verbs ending in voiceless sounds (/p/, /k/, /θ/, /f/, /s/, /ʃ/, /tʃ/)
Examples: *walked, stopped*

bored contented delighted disappointed
embarrassed frustrated irritated puzzled
relaxed satisfied thrilled

- 1 /ɪd/ contented, _____, _____,
_____, _____
- 2 /d/ _____, _____, _____,

- 3 /t/ _____, _____

b 30 Listen and check your answers.

Body functions

4 Match each word (1–6) with the correct definition (a–f).

- | | |
|-----------------|--|
| 1 lungs ____ | a the basic building blocks of the body |
| 2 liver ____ | b organ that takes care of breathing and the process of gas exchange |
| 3 cells ____ | c chemicals that tell the body to do certain things |
| 4 spine ____ | d organ that cleans the blood and produces substances for digestion |
| 5 hormones ____ | e the organ that pumps blood around the body |
| 6 heart ____ | f the long structure of bones down the back of the body |

5 Complete the sentences with these words.

abs (abdominal muscles) antibodies blood
carbon dioxide immune system oxygen

- 1 The patient had enough _____ to fight infection.
- 2 As she breathed out, _____ left her body.
- 3 His _____ protected his body against the disease.
- 4 His _____ were a bit sore after doing a lot of exercise.
- 5 She breathed in and _____ entered her body.
- 6 Your liver filters toxins from your _____.

Grammar

Reported questions

1 Complete the reported questions.

- 1 Alicia: 'Cathy, did you talk to Sara at the party?'
Alicia asked Cathy if she _____.
- 2 Oli: 'When do you want to have lunch, Rob?'
Oli asked Rob when _____.
- 3 Yusuf: 'Are you going to the cinema, Miguel?'
Yusuf asked Miguel _____.
- 4 Mia: 'Where did you buy your lovely shirt, Paul?'
Mia asked _____.
- 5 Heitor: 'Will you help me with my homework, Mari?'
Heitor asked _____.
- 6 Helena: 'How long have you been waiting, Lisa?'
Helena asked _____.

2 Correct the incorrect time expressions. Some have more than one possible answer.

- 1 'Where did you go on holiday last year?'
She asked me where I'd gone on holiday the following year. **previous**
- 2 'Are you busy this afternoon?'
He asked her if she was busy the previous afternoon. _____
- 3 'What are you doing next week?'
She asked us what we were doing that week. _____
- 4 'Is the meeting tomorrow?'
I asked her if the meeting was before that day. _____

- 5 'Who did you see yesterday?'
He asked her who she had seen the next day. _____
- 6 'Will you be at home tomorrow night?'
She asked me if I would be at home tonight. _____

Reporting verbs

3 Choose the correct option.

- 1 The teacher advised us *not to arrive* / *not arriving* late to the exam.
- 2 He denied *to know* / *knowing* anything about who took the money.
- 3 We invited *that they come* / *them to come* to the beach with us.
- 4 She promised *not telling* / *to tell* anyone the secret.
- 5 The guide recommended *not leaving* / *to us not leaving* the trail.
- 6 I admitted *not knowing* / *not to know* the answer.

4 Read the conversations. Complete the reported sentences.

Waiter: I don't think you should order the tomato soup. It's very spicy.

Jo: OK, I'll have carrot soup.

- 1 The waiter suggested _____ the tomato soup.
- 2 He explained _____ very spicy.
- 3 Jo agreed _____ carrot soup.

Juan: You should come to the party. It'll be a lot of fun!

Ella: I can't. I have too much homework.

Juan: Are you sure?

Ella: I'm sure. I'm not going to go.

- 4 Juan encouraged _____ to the party.
- 5 Ella claimed _____ too much homework.
- 6 In the end, she refused _____.

5 Write reported sentences.

- 1 The news / warn / us / not leave the house.

- 2 She / invite / me / go out to lunch.

- 3 We / decide / stay at home.

- 4 They / offer / help us.

- 5 He / complain / the food was cold.

- 6 You / admit / you / not really be ill.

1 Read the infographic. Number the topics in the order they appear (1–5).

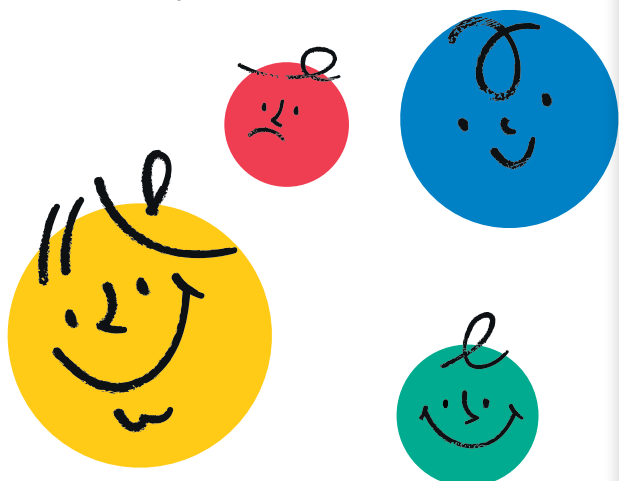
- We communicate emotions with other people. ____
- Emotions can help make us well when we are ill. ____
- Everyone feels certain emotions. ____
- We should try to understand all of our emotions. ____
- Sometimes we feel more than one emotion at a time. ____

2 Are these sentences true or false, according to the text?

- It's usually difficult to know what other people feel. T / F
- Only one of the six basic emotions is completely positive. T / F
- Most emotions are expressed and understood differently in different cultures. T / F
- In general, emotionally healthy people feel one emotion at a time. T / F
- Good physical health can improve emotional health. T / F
- It probably isn't healthy to ignore difficult or negative emotions. T / F

3 Find the bold words in the text. What do they refer to?

- them (line 2) **emotions**
- they (line 5) _____
- they (line 6) _____
- These (line 10) _____
- They (line 37) _____
- this (line 55) _____
- That (line 64) _____
- it (line 72) _____
- They (line 74) _____



UNDERSTANDING EMOTIONS

We live in a world of emotion, going through a wide variety of **them** all day every day. From sadness to happiness and surprise to anger, most of us feel something most of the time. We can also often tell what other people are feeling by the way **they** look, talk, or even walk. Emotions are an essential part of being human and **they** are an important aspect of communication.

Six basic emotions

In the 1970s, psychologist Paul Eckman said that there were six basic emotions. **These** are ...



Sadness

the feeling of being unhappy, often caused by expecting things to be a certain way, but being disappointed



Surprise

the brief feeling you have when something unexpected happens, such as finding money on the floor



Fear

the bad feeling of being in danger, like when you are walking alone at night in an unfamiliar place



Anger

a feeling that something is bad or unfair – when someone steals from you, for example



Disgust

a very strong feeling that something is extremely unpleasant, often caused by spoiled food or a terrible smell



Happiness

the feeling that nothing is wrong and you are content, like at the end of a long day of school when you're relaxing with friends or family

Shared emotions

The writer Maya Angelou said that when we travel, we see that everyone cries, laughs, eats and worries and that by seeing this, we can understand each other and become friends. In 2021, a group of researchers published an article about emotions in *Nature* magazine. **They** said that people in at least 144 different countries could understand 16 different facial expressions. They used a computer to analyse 16 million videos and discovered that people all over the world could understand desire, concentration, disappointment, doubt, confusion, anger, surprise, interest, sadness, pain, amusement and others on other people's faces.



Complex emotions



While many basic emotions are easy to recognise, complex emotions are not always easy to understand – in ourselves or in others. For example, when it's time to leave secondary school, many people feel happy to have reached an important goal in life, but also nervous about what lies ahead, regretful for mistakes they've made during their school years, excited about new adventures, and possibly other emotions as well. Research shows that complex emotions in situations like **this** take more brain power to process than basic emotions.

Emotions and health

Have you ever felt worried and found you had a headache or stomach ache that went away when your worry passed? Emotions and health are closely related. Poor physical health can affect our mood, but at the same time, our mood can affect our health. Doctors recommend regular exercise to help boost happiness. **That**, they say, may help keep some medical problems away. So the expression 'Jump for joy!', which means to show that you're very happy, may have some medical truth in it!



Emotions are an important part of being human. They give us useful information about ourselves and the world. Although positive emotions are easier to accept than negative ones, when we experience any emotion, we might try to ignore **it** or push it away. However, psychologists say that we should listen to our emotions and understand the signal that they're sending to us. **They** believe it's healthy to accept and deal with our emotions. After all, whether you're feeling joy or anger, experience tells us that it will soon pass. Letting it go after learning what you can from it is the best thing you can do.

Speaking

Empathising

1 Match the sentence halves.

- 1 I can see that ____
 - 2 How do you feel ____
 - 3 I don't blame you ____
 - 4 You must ____
 - 5 Do you want to ____
 - 6 It sounds like it's going ____
- a about it?
 - b feel nervous.
 - c it's a great opportunity.
 - d to take time to adapt.
 - e talk about it?
 - f for feeling like that.

2a 31 Listen. Choose the best response (a, b or c) for each statement.

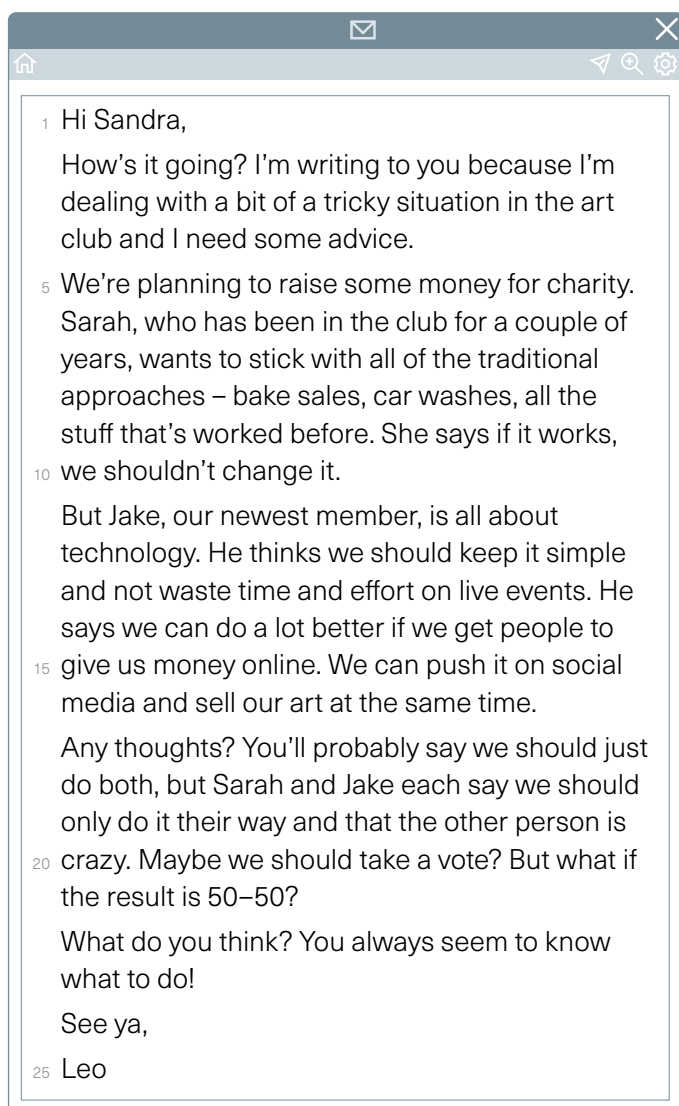
- 1 a I don't blame you for feeling like that.
b You seem a bit upset. Are you OK?
c I can see that you're not OK.
- 2 a Do you want to talk about it?
b I'd feel the same in your shoes.
c It sounds like it's going to take some time to adapt.
- 3 a You seem a bit upset.
b That's OK.
c You must feel disappointed.
- 4 a I'd feel the same in your shoes.
b How do you feel about it?
c You must feel pretty bad about it.
- 5 a Are you OK?
b I get why you're upset.
c That sounds like a good idea.
- 6 a That's tough.
b I get why you might be upset.
c It sounds like you need to talk to the teacher about it.
- 7 a I don't blame you.
b That's tough.
c It sounds like you might need to do the exam again.

b 32 Listen and check your answers.

An informal email asking for advice

1 Read the email. Choose the correct option to complete the sentences.

- 1 Leo *is* / *isn't* in the art club.
- 2 Sarah *doesn't want to* / *wants to* try something new.
- 3 Jake *agrees* / *doesn't agree* with Sarah.
- 4 Both Jake and Sarah think *the other person's idea could be* / *only their own idea is* good.
- 5 Leo *asks for* / *doesn't ask for* Sandra's help.



1 Hi Sandra,

How's it going? I'm writing to you because I'm dealing with a bit of a tricky situation in the art club and I need some advice.

5 We're planning to raise some money for charity. Sarah, who has been in the club for a couple of years, wants to stick with all of the traditional approaches – bake sales, car washes, all the stuff that's worked before. She says if it works,

10 we shouldn't change it.

But Jake, our newest member, is all about technology. He thinks we should keep it simple and not waste time and effort on live events. He says we can do a lot better if we get people to

15 give us money online. We can push it on social media and sell our art at the same time.

Any thoughts? You'll probably say we should just do both, but Sarah and Jake each say we should only do it their way and that the other person is

20 crazy. Maybe we should take a vote? But what if the result is 50–50?

What do you think? You always seem to know what to do!

See ya,

25 Leo

2 Find these things in the email.

- 1 six contractions: _____, _____, _____, _____, _____, _____
- 2 everyday informal phrases which have similar meaning to these words and phrases:
 - a How are you? (line 2) _____
 - b a somewhat challenging problem (line 3) _____

- c continue to use (line 7) _____
- d the methods (lines 8–9) _____
- e really likes (line 11) _____
- f advertise and promote (line 15) _____

- g Do you have any ideas? (line 17) _____
- h doesn't have good ideas (lines 19–20) _____
- i half of the vote for, half against (line 21) _____

- 3 informal phrases that start and finish the email: _____, _____
- 4 a sentence with a question mark to suggest the writer isn't sure: _____
- 5 a sentence with an exclamation mark to emphasise something: _____

3 Choose one of these situations. Write an email to a friend asking for advice. Use an informal, chatty style. Write 150–200 words.

- You're working with classmates on a group project. One member of the group rarely does any work, and when they do, it's late. You feel that the situation is unfair and you want to encourage the person to do better work. You don't want to hurt anyone's feelings.
- You've noticed that a classmate seems to be depressed. They are not doing their school work as well as usual and no longer join in many social activities. They seem constantly tired and stressed. You want to offer support without making them feel uncomfortable.

✓ Checklist

Now I can:

- ☐ talk about emotions and health.
- ☐ report questions.
- ☐ use reporting verbs.
- ☐ respond with empathy.
- ☐ write an informal email asking for advice.