



EXERCISE 6 B SOLUTIONS



Please fill the gaps using these words and phrases:

“chirp, spot, prove, heart rate, out there, melt away, leaves rustling, grounding, I get that, clear your head,”

1. Taking a few minutes to breathe deeply can help **clear your head** before a big presentation.
2. Yoga often incorporates **grounding** techniques to help participants stay present and focused.
3. It took her a while to **spot** her friend in the crowded cafe.
4. "You're feeling overwhelmed by all the changes?" she asked. "**I get that**, it's a lot to handle."
5. Early in the morning, the sparrows started to **chirp** outside my window, waking me up gently.
6. There's a whole world of opportunities waiting for you **out there**.
7. She wanted to **prove** that her idea could work by testing it out herself.
8. His **heart rate** spiked when he realized he had lost his wallet.
9. As soon as he started meditating, the tension in his shoulders began to **melt away**.
10. The gentle sound of the **leaves rustling** made the park feel even more peaceful.