

# ELTE Relaxing expressions quiz

## 123

---

1. After the exam, you should take it \_\_\_\_\_ for a couple of days.

- (A) slow
- (B) easy
- (C) calm
- (D) rest

2. I like to listen to music to wind \_\_\_\_\_ after work.

- (A) off
- (B) out
- (C) down
- (D) back

3. You look exhausted—why don't you put your \_\_\_\_\_ up for a while?

- (A) hands
- (B) arms
- (C) head
- (D) feet

4. You've been ill all week, so you really need to rest \_\_\_\_\_.

- (A) out
- (B) up
- (C) off
- (D) down

5. It's a party—just let your \_\_\_\_\_ down and enjoy yourself!

- (A) head
- (B) hair
- (C) guard
- (D) stress

6. You've been working too hard lately; you need to slow \_\_\_\_\_.

- (A) out
- (B) off
- (C) down
- (D) back

7. I'm going to have a \_\_\_\_\_-down before dinner.

- (A) sit
- (B) lie
- (C) lay
- (D) rest

8. We walked for hours, so we stopped to have a \_\_\_\_\_.

- (A) break
- (B) pause
- (C) rest
- (D) sleep

9. At the weekend, I try to switch \_\_\_\_\_ and forget about work.

- (A) off
- (B) out
- (C) down
- (D) back

10. A good film helps me \_\_\_\_\_ after a stressful day.

- (A) loosen
- (B) rest
- (C) calm
- (D) unwind

**11.** He was nervous at first, but he soon began to loosen \_\_\_\_\_.

- (A) out
- (B) off
- (C) down
- (D) up

**12.** The teacher told the students to ease \_\_\_\_\_ and not rush the task.

- (A) out
- (B) off
- (C) down
- (D) back

**13.** I always make sure to have some \_\_\_\_\_ during the holidays.

- (A) free time
- (B) rest time
- (C) downtime
- (D) breaktime

**14.** After a stressful week, you should just \_\_\_\_\_ out and forget about work.

- (A) calm
- (B) chill
- (C) rest
- (D) ease

**15.** Let's \_\_\_\_\_ a break before we continue working.

- (A) do
- (B) make
- (C) take
- (D) have

**16.** [ELTE Match Game](#)

# ELTE Relaxing expressions quiz 123

---

1. After the exam, you should take it \_\_\_\_\_ for a couple of days.

- A slow
- B easy
- C calm
- D rest

**i** to take it easy: to relax and avoid stress or effort

2. I like to listen to music to wind \_\_\_\_\_ after work.

- A off
- B out
- C down
- D back

**i** to wind down: to gradually relax after activity or stress

3. You look exhausted—why don't you put your \_\_\_\_\_ up for a while?

- A hands
- B arms
- C head
- D feet

**i** to put your feet up: to sit down and relax especially after work

4. You've been ill all week, so you really need to rest \_\_\_\_\_.

- A out
- B up
- C off
- D down

**i** to rest up: to rest in order to recover energy or health

5. It's a party—just let your \_\_\_\_\_ down and enjoy yourself!

- A head
- B hair
- C guard
- D stress

i to let your hair down: to relax and behave freely

6. You've been working too hard lately; you need to slow \_\_\_\_\_.

- A out
- B off
- C down
- D back

i to slow down: to reduce activity and relax more

7. I'm going to have a \_\_\_\_\_-down before dinner.

- A sit
- B lie
- C lay
- D rest

i to have a lie-down: to rest for a short time lying down

8. We walked for hours, so we stopped to have a \_\_\_\_\_.

- A break
- B pause
- C rest
- D sleep

i to have a rest: to stop and relax for a period of time

9. At the weekend, I try to switch \_\_\_\_\_ and forget about work.

- A off
- B out
- C down
- D back

**i** to switch off: to stop thinking about work or worries and relax mentally

**10.** A good film helps me \_\_\_\_\_ after a stressful day.

- A** loosen
- B** rest
- C** calm
- D** unwind

**i** to unwind: to relax after feeling tense or stressed

**11.** He was nervous at first, but he soon began to loosen \_\_\_\_\_.

- A** out
- B** off
- C** down
- D** up

**i** to loosen up: to become more relaxed physically or mentally

**12.** The teacher told the students to ease \_\_\_\_\_ and not rush the task.

- A** out
- B** off
- C** down
- D** back

**i** to ease off: to reduce effort intensity or pressure

**13.** I always make sure to have some \_\_\_\_\_ during the holidays.

- A** free time
- B** rest time
- C** downtime
- D** breaktime

**i** to have downtime: to spend time relaxing away from work or responsibilities

**14.** After a stressful week, you should just \_\_\_\_\_ out and forget about work.

**A** calm

**B** chill

**C** rest

**D** ease

**i** to chill out: to stop feeling stressed or anxious

**15.** Let's \_\_\_\_\_ a break before we continue working.

**A** do

**B** make

**C** take

**D** have

**i** to take a break: to stop what you're doing in order to rest

**16.** [ELTE Match Game](#)