

# Phrasal Verbs - Lesson One

## Every day phrasal verbs

### Vocabulary to Learn

1. Burn out
2. Carry on
3. Chicken out
4. Come across
5. Fall behind
6. Keep up
7. Lighten up
8. Pay off
9. Put off
10. Run into

#### **Instructions:**

- Each page has its phrasal verb, a photo, and a few example sentences.
- Look at the images, read the examples, and guess your own meanings.

#### **Note:**

Being able to determine the meaning of a new word or phrase based on its context is an important skill. This activity will both improve your vocabulary range and help you to develop the skill of deducing meaning (guessing or understanding the meaning without being told).

- Good luck



#### content:

Page	2-11	phrasal verbs with examples
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# Burn out



Example Sentences:

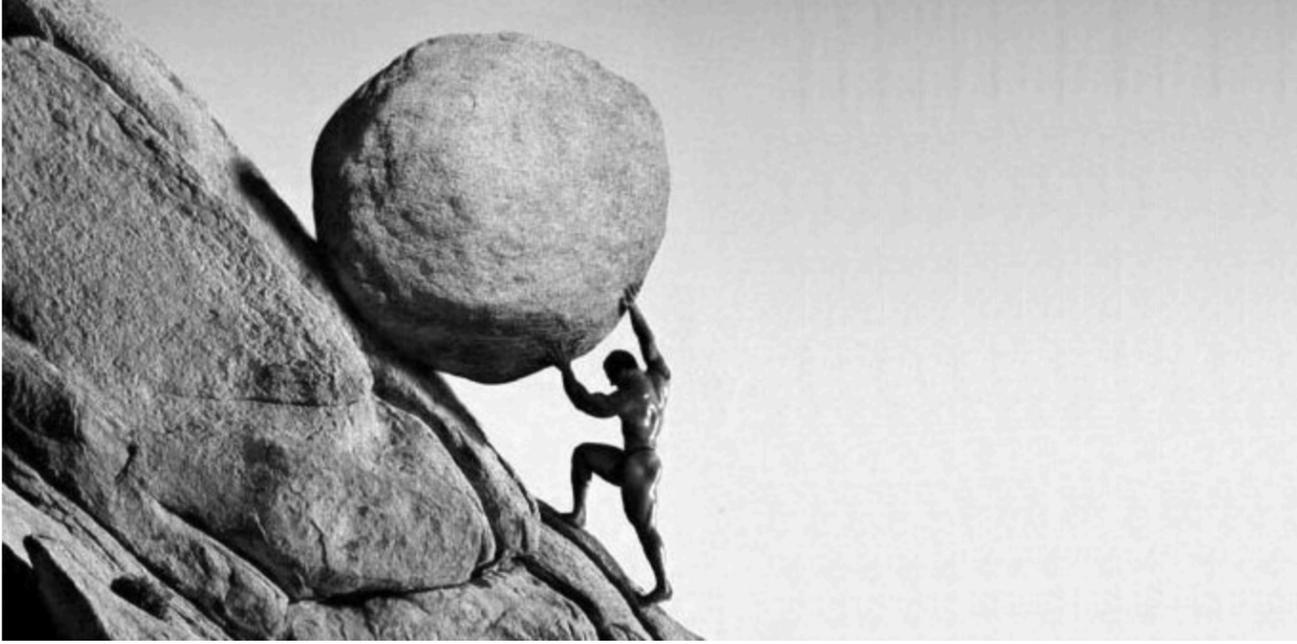
1. After working seven days a week for three months, she finally burned out and had to take two weeks off.
2. He loves his job, but his doctor warned him that if he doesn't rest, he will burn out before the end of the year.
3. A lot of young doctors burn out in their first few years because the workload is just too intense.

My Definition :

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# Carry on



Example Sentences:

1. Despite the heavy rain, the hikers decided to carry on – they were too close to the top to stop now.
2. The show must carry on, even when things go wrong – that's what every performer is taught.
3. After a short break, the manager asked everyone to carry on with what they were doing.

My Definition :

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# Chicken out



Example Sentences:

1. He had been planning to ask his boss for a raise for weeks, but at the last minute he chickened out.
2. We were going to try the spiciest dish on the menu, but my friend chickened out and ordered pasta instead.
3. I chickened out of the bungee jump – I was completely fine until I looked down.

My Definition :

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## Come across



Example Sentences:

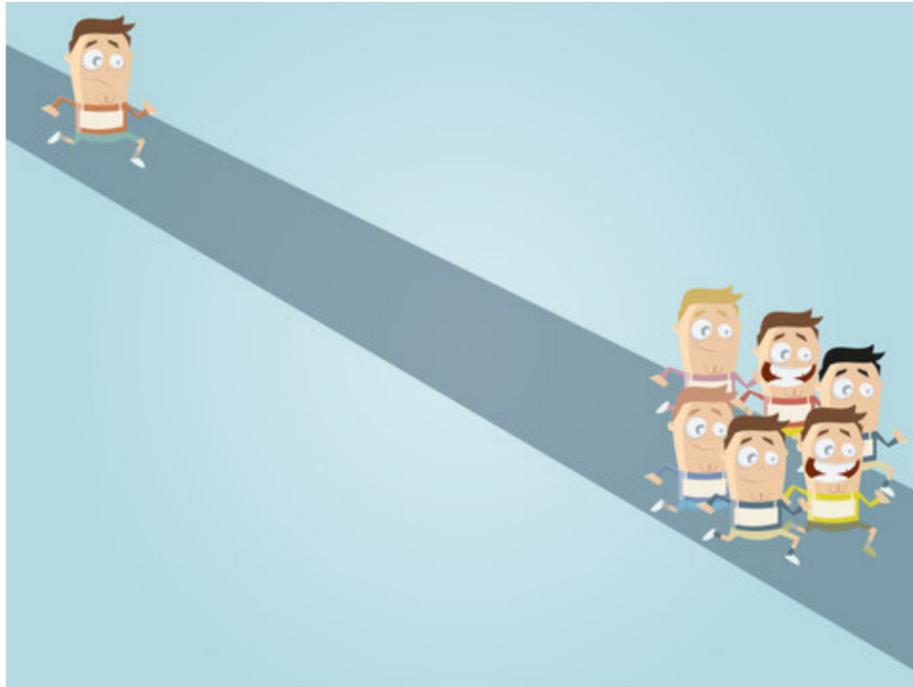
1. I came across an old letter from my grandfather while cleaning out the attic – it made me emotional.
2. She came across a really useful app for learning vocabulary and now she uses it every day.
3. I wasn't even looking for a new job – I just came across the listing by accident and decided to apply.

My Definition :

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# Fall behind



Example Sentences:

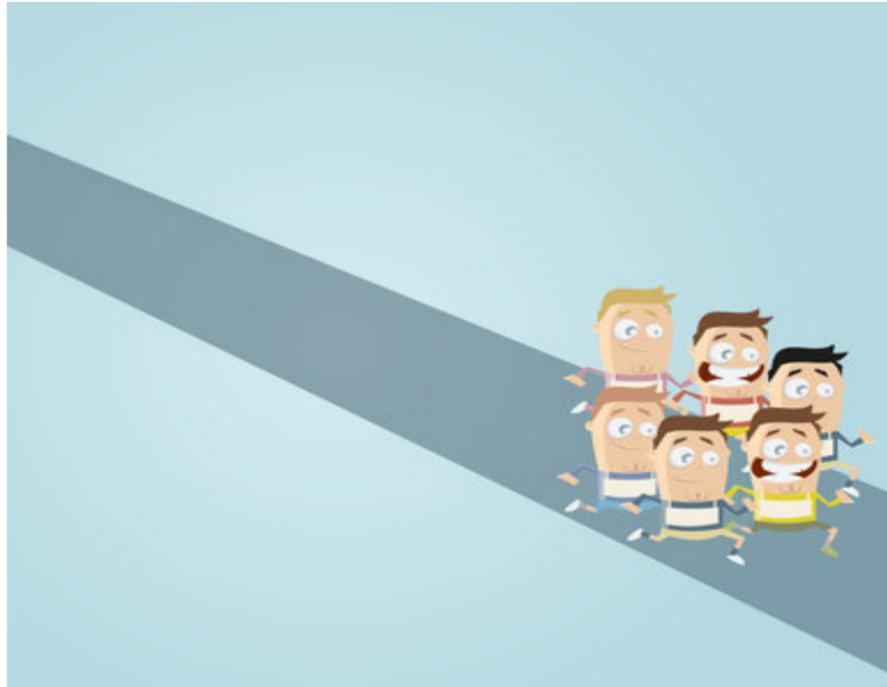
1. If you miss too many classes, you'll fall behind and it becomes very hard to catch up again.
2. The construction project fell behind schedule because of bad weather and a shortage of materials.
3. I fell behind on my rent last year when I lost my job – it took months to get back on track.

My Definition :

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# Keep up



## Example Sentences:

1. She speaks so fast that even native speakers struggle to keep up with her.
2. He works incredibly hard just to keep up with his colleagues – they are all very experienced.
3. Technology changes so quickly these days that it's almost impossible to keep up.

## My Definition :

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# Lighten up



## Example Sentences:

1. My boss never laughs at anything – someone really needs to tell him to lighten up.
2. Come on, it was just a joke! You need to lighten up a little.
3. After the stressful exam period was over, everyone lightened up and the atmosphere in the office completely changed.

## My Definition :

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# Pay off



Example Sentences:

1. All those years of hard work finally paid off when she was offered her dream job in Paris.
2. Learning a second language is difficult, but it always pays off in the end.
3. He took a big risk investing in that small company, and it paid off — it's now worth ten times what he put in.

My Definition :

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# Put off



Example Sentences:

1. Don't put off going to the doctor just because you're scared – the sooner you go, the better.
2. I kept putting off writing my essay until the night before the deadline, which was a terrible idea.
3. She put off telling her parents about her new job for weeks because she knew they wouldn't approve.

My Definition :

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# Run into



## Example Sentences:

1. I ran into my old English teacher at the supermarket yesterday – I hadn't seen her in ten years.
2. You'll never guess who I ran into at the airport – my ex-boss from five years ago!
3. It's always a little awkward when you run into someone you know but can't remember their name.

## My Definition :

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## Match the Meanings

Phrase	Meaning
a. To burn out	1. To meet someone unexpectedly.
b. To carry on	2. To avoid doing something because you are nervous or scared.
c. To chicken out	3. To delay doing something.
d. To come across	4. To find or discover something by chance.
e. To fall behind	5. To become extremely tired from too much work or stress.
f. To keep up	6. To relax and stop being so serious.
g. To lighten up	7. To continue doing something despite difficulty.
h. To pay off	8. To fail to make progress at the same rate as others.
i. To put off	9. To stay at the same level or pace as someone or something.
j. To run into	10. When effort or hard work results in success.

## Answer Key

Phrase	Answer
a. To burn out	5. To become extremely tired from too much work or stress.
b. To carry on	7. To continue doing something despite difficulty.
c. To chicken out	2. To avoid doing something because you are nervous or scared.
d. To come across	4. To find or discover something by chance.
e. To fall behind	8. To fail to make progress at the same rate as others.
f. To keep up	9. To stay at the same level or pace as someone or something.
g. To lighten up	6. To relax and stop being so serious.
h. To pay off	10. When effort or hard work results in success.
i. To put off	3. To delay doing something.
j. To run into	1. To meet someone unexpectedly.



## Teacher's writing sample

"I have been **putting off** going to the gym for about three months now. Every Sunday, I tell myself that this week will be different, but somehow it never is. Last week, however, something happened that changed my attitude completely – I **ran into** an old friend from university while I was getting coffee.

He looked incredible. I asked him what his secret was, and he laughed and said there was no secret – he had just decided to stop **chickening out** of the things that were hard. He told me he had **fallen behind** on his health for years and one day simply decided to **carry on** with life differently.

I went home feeling inspired and decided to **lighten up** about the whole thing. Going to the gym doesn't have to be so serious – it can actually be enjoyable. So I signed up that same afternoon and I have been going every day since. It hasn't been easy to **keep up** with some of the other people there – they are much fitter than me – but I'm not **burning out** because I'm being sensible about it.

All I know is that if I stay consistent, it will **pay off**. And next time I **come across** my friend, I want him to be the one asking me for advice."