

*from Swimming to Antarctica* by Lynne Cox  
**Vocabulary Warm-up Exercises**

**Exercise A** Fill in each blank in the paragraph below with an appropriate word from Word List A. Use each word only once.

Lydia, an aspiring artist, grew [1] \_\_\_\_\_ after applying paint to a [2] \_\_\_\_\_, oversized canvas for several hours. She [3] \_\_\_\_\_ all of her energies on completing her painting. The model, Elizabeth, wore a [4] \_\_\_\_\_, which covered most of her [5] \_\_\_\_\_ and was very uncomfortable under her gown. Still, neither Lydia nor Elizabeth could see any [6] \_\_\_\_\_ to finishing the painting during this session. Though Lydia was afraid she was starting to paint [7] \_\_\_\_\_, just going through the motions, her first exhibit opened the following day. Elizabeth tried to [8] \_\_\_\_\_ her own discomfort by sitting back against soft cushions.

**Exercise B** Revise each sentence so that the underlined vocabulary word is used in a logical way. Be sure to keep the vocabulary word in your revision.

**Example:** Mary took a nap, compounding her trouble with sleepiness.  
Mary stayed up late, compounding her trouble with sleepiness.

1. The paint on the exterior of the house began to chip, so the bedroom looked awful.  
\_\_\_\_\_
2. When I swerved into oncoming traffic, I avoided a terrible driving mistake.  
\_\_\_\_\_
3. After Juan immersed the dumplings in water, they began to dry out.  
\_\_\_\_\_
4. The instructor explained how snorkels could be used for inhaling water.  
\_\_\_\_\_
5. After a prolonged soccer game, Bobby got home sooner than expected.  
\_\_\_\_\_
6. Only cars can travel on the strait that connects two waterways.  
\_\_\_\_\_
7. Jim felt fatigued after a restful night's sleep.  
\_\_\_\_\_