

Phrasal Verbs Semi Modals

IRREGULAR VERBS

Present	Past	Past participle	Meanings	
Abide	abode	abided	sofrer, suportar	
Arise	arose	arisen	levantar-se, surgir	
Awake	awoke	awoken	despertar, acordar	
Bear	bore	borne	aguentar, suportar, parir	
Beat	beat	beaten	golpear, derrotar, bater	
Become	became	become	tomar-se	
Begin	began	begun	começar	
Bend	bent	bent	dobrar, torcer, inclinar	
Bet	bet	bet	apostar	
Bid	bid	bidden	oferecer, licitar	
Bind	bound	bound	atar, unir, amarrar	
Bite	bit	bitten	morder, picar	
Bleed	bled	bled	sangrar	
Blow	blew	blown	soprar	
Break	broke	broken	romper, quebrar	
Breed	bred	bred	criar, gerar	
Bring	brought	brought	trazer	
Build	built	built	construir, edificar	:
Burst	burst	burst	estourar, romper	3
Buy	bought	bought	comprar	
Cast	cast	cast	lançar, emitir	9
Catch	caught	caught	pegar, segurar	
Choose	chose	chosen	escolher	
Cling	clung	clung	agarrar-se, ajustar-se, aderir	
Come	came	come	vir	
Cost	cost	cost	custar	
Creep	crept	crept	rastejar (animal)/deslizar (pessoa)	
Cut	cut	cut	cortar	
Deal	dealt	dealt	negociar, tratar	
Dig	dug	dug	cavar	
Dive	dove*/dived	dived	mergulhar	
Do	did	done	fazer	
Draw	drew	drawn	desenhar, puxar, tirar	
Drink	drank	drunk	beber	

* Alguns verbos apresentam diferenças em suas formas nos idiomas inglês Americano e Britânico.

Drive	drove	driven	dirigir
Dwell	dwelt	dwelt	habitar, morar
Eat	ate	eaten	comer
Fall	fell	fallen	cair
Feed	fed	fed	alimentar-se, dar de comer
Feel	felt	felt	sentir, apalpar, tocar
Fight	fought	fought	lutar, combater
Find	found	found	encontrar (coisas)
Fit	fit	fit	servir (roupas)
Flee	fled	fled	fugir
Fling	flung	flung	lançar, arremessar
Fly	flew	flown	voar
Forbid	forbade	forbidden	proibir
Forecast	forecast	forecast	prever, prognosticar
Foresee	foresaw	foreseen	prever
Foretell	foretold	foretold	predizer, profetizar
Forget	forgot	forgotten	esquecer
Forgive	forgave	forgiven	perdoar
Forsake	forsook	forsaken	abandonar, desamparar, renunciar
Freeze	froze	frozen	congelar
Get	got	got/gotten	conseguir, receber, obter
Give	gave	given	dar
Go	went	gone	ir
Grind	ground	ground	moer, triturar
Grow	grew	grown	crescer, cultivar
Handwrite	handwrote	handwritten	escrever a mão
Hang	hung	hung	pendurar, enforcar
Have	had	had	ter
Hear	heard	heard	ouvir
Hide	hid	hidden	esconder
Hit	hit	hit	golpear, bater
Hold	held	held	segurar, celebrar, esperar
Hurt	hurt	hurt	ferir, doer, magoar
Input	input	input	entrar com informações (resources), introduzir informações
Кеер	kept	kept	manter, guardar, continuar
Kneel	knelt*	knelt*	ajoelhar
Know	knew	known	saber, conhecer

Lay	laid	laid	por, colocar
Lead	led	led	guiar, levar, conduzir
Leave	left	left	ir, deixar, partir
Lend	lent	lent	emprestar de
Let	let	let	deixar, permitir
Lie	lay	lain	deitar, encostar, mentir
Light	lit	lit	acender, iluminar
Lose	lost	lost	perder
Make	made	made	fazer
Mean	meant	meant	significar, querer dizer, ter a intenção de
Meet	met	met	encontrar-se com, conhecer
Mislead	misled	misled	enganar, despistar, levar para mal caminho
Mistake	mistook	mistaken	confundir, interpretar mal
Misunderstand	misunderstood	misunderstood	entender mal, não entender
Mow	mowed	mown	moer, cortar
Overhear	overheard	overheard	ouvir casualmente
Overtake	overtook	overtaken	ultrapassar
Pay	paid	paid	pagar
Prove	proved	proven	provar, resultar
Put	put	put	por, colocar
Quit	quit	quit	abandonar, deixar
Read	read	read	ler
Rid	rid	rid	livrar-se de
Ride	rode	ridden	andar de, passear em, montar
Ring	rang	rung	soar, chamar ao telefone
Rise	rose	risen	levantar-se, subir
Run	ran	run	correr
Saw	sawed	sawn/sawed*	serrar
Say	said	said	dizer
See	saw	seen	ver
Seek	sought	sought	buscar
Sell	sold	sold	vender
Send	sent	sent	enviar
Set	set	set	por, estabelecer
Sew	sewed	sewn/sewed*	costurar
Shake	shook	shaken	sacudir, agitar
Shear	shore/sherred	shorn/sheared*	tosar, tosquiar

Shed	shed	shed	derramar, mudar
Shine	shone	shone	lustrar, brilhar
Shoot	shot	shot	disparar, matar a tiros
Show	showed	shown	mostrar, exibir
Shrink	shrank	shrunk	encolher, reduzir
Shut	shut	shut	fechar
Sing	sang	sung	cantar
Sink	sank	sunk	afundar
Sit	sat	sat	sentar-se
Slay	slew	slain	matar ou impressionar alguém
Sleep	slept	slept	dormir
Slide	slid	slid	deslizar, escorregar
Sling	slung	slung	lançar, arremessar
Slink	slunk	slunk	escapulir
Slit	slit	slit	cortar
Sneak	snuck	snuck	entrar, sair sorrateiramente
Sow	sowed	sown	semear, disseminar, espalhar
Speak	spoke	spoken	falar
Spend	spent	spent	gastar, passar
Spill	spilt/spilled	spilt/spilled*	derramar
Spin	spun	spun	girar, dar voltas
Spit	spat	spat	cuspir
Split	split	split	repartir, dividir
Spoil	spoilt*/spoiled	spoilt/spoiled*	estragar, arruinar, danificar
Spread	spread	spread	espalhar
Spring	sprang	sprung	saltar, pular
Stand	stood	stood	estar em pé, suportar
Steal	stole	stolen	roubar, furtar
Stick	stuck	stuck	pegar, cravar, colar
Sting	stung	stung	picar, arder, queimar
Stink	stank	stunk	cheirar mal
Stride	strode	stridden	andar com passos largos
Strike	struck	struck	golpear, bater
String	strung	strung	atar
Strive	strove	striven	esforçar-se
Swear	swore	sworn	jurar
Sweep	swept	swept	varrer

Swell	swelled	swollen	inchar, crescer, aumentar
Swim	swam	swum	nadar
Swing	swung	swung	balançar
Take	took	taken	tomar, levar
Teach	taught	taught	ensinar
Tear	tore	torn	romper, arrancar, rasgar-se
Tell	told	told	dizer, contar
Think	thought	thought	pensar
Thrive	throve	thriven	prosperar, crescer muito
Throw	threw	thrown	atirar, jogar
Thrust	thrust	thrust	empurrar com força
Tread	trod	trodden	pisar
Undergo	underwent	undergone	ser submetido a
Understand	understood	understood	entender
Undertake	undertook	undertaken	empreender-se, encarregar-se
Upset	upset	upset	contrariar, aborrecer
Wake	woke	woken	despertar, acordar
Wear	wore	worn	usar, vestir, gastar
Weave	wove	woven	tecer
Weep	wept	wept	chorar
Wet	wet*/wetted	wet*/wetted	molhar
Win	won	won	ganhar
Wind	wound	wound	enrolar, soprar
Withdraw	withdrew	withdrawn	retirar, sacar
Withhold	withheld	withheld	reter, ocultar, não revelar
Withstand	withstood	withstood	resistir, opor-se, aguentar
Wring	wrung	wrung	torcer, retorcer
Write	wrote	written	escrever

MODALS

Affirmative	Negative	Short form	Explanation
Can	Cannot	Can't	Capacity, ability - Present
Could	Could not	Couldn't	Capacity, ability - Past
May	May not		Permission, possibility - Present
Might	Might not	Mightn't	Permission, possibility - Past
Must	Must not	Mustn't	Obligation, prohibition

Should	Should not	Shouldn't	Advice
Ought to	Ought not	Oughtn't	Advice
Will	Will not	Won't	Polite questions
Would	Would not	Wouldn't	Repeating actions in the past
Shall	Shall not	Shan't	Questions to make suggestions

SEMI MODALS

Affirmative	Negative	Short form	Explanation
Need	Need not	Needn't	Necessity
Dare (to)	Dare not (to)	Daren't (to)	Supposition, challange
Used to	Used not to	Usedn't to	Habitual actions

SUBORDINATING CONJUNCTIONS

Time	Reason	Concession	Place	Condition	Manner
After	Because	Although	Where	Assuming	As if
As	In order	Even	Wherever	Even if	As thought
As as	Since	Though		If	
Before	So that	While		In case	
Once	That	Mustn't		Provided	
Since	Why	Shouldn't		That	
Until		Oughtn't		Unless	
When		Willn't		Until	
Whenever		Wouldn't			
While		Shan't			

FALSE COGNATES

English	Portuguese	Português	Inglês
Actually (adv)	Na verdade, o fato é que	Atualmente	Nowadays, today
Adept (n)	Especialista, profundo conhecedor	Adepto	Supporter
Agenda (n)	Pauta do dia, pauta para discussões	Agenda	Appointment book, agenda

Amass (v)	acumular, juntar	Amassar	crush
Anticipate (v)	prever, aguardar, ficar na expectativa	Antecipar	to bring forward, to move forward
Application (n)	inscrição, registro, uso	Aplicação (financeira)	investment
Appointment (n)	hora marcada, compromisso profissional	Apontamento	note
Appreciation (n)	gratidão, reconhecimento	Apreciação	judgement
Argument (n)	discussão, bate boca	Argumento	reasoning, point
Assist (v)	ajudar, dar suporte	Assistir	to attend, to watch
Assume (v)	presumir, aceitar como verdadeiro	Assumir	to take over
Attend (v)	assistir, participar de	Atender	to help, to answer, to see, to examine
Audience (n)	platéia, público	Audiência	court appearance, interview
Bachelor	solteiro	Bacharel	graduate
Balcony (n)	sacada	Balcão	counter
Baton (n)	batuta (música), cassetete	Batom	lipstick
Beef (n)	carne de gado	Bife	steak
Cafeteria (n)	refeitório da escola ou indústria	Cafeteria	coffee shop, snack bar
Camera (n)	máquina fotográfica	Câmara	tube (de pneu) chamber (grupo de pessoas)
Carton (n)	caixa de papelão, pacote de cigarros (200)	Cartão	card
Casualty (n)	baixa (morte fruto de acidente ou guerra), fatalidade	Casualidade	chance, fortuity
Cigar (n)	charuto	Cigarro	cigarette
Collar (n)	gola, colarinho, coleira	Colar	necklace
College (n)	faculdade, ensino de 3º grau	Colégio (2º grau)	high school
Commodity (n)	artigo, mercadoria	Comodidade	comfort
Competition (n)	concorrência	Competição	contest
Comprehensive (adj)	abrangente, amplo, extenso	Compreensivo	understanding
Compromise (v)	entrar em acordo, fazer concessão	Compromisso	appointment, date
Contest (n)	competição, concurso	Contexto	context
Convenient (adj)	prático	Conveniente	appropriate
Costume (n)	fantasia	Costume	custom, habit
Data (n)	dados, informações	Data	date
Deception (n)	logro, fraude, ato de enganar	Decepção	disappointment
Defendant (n)	réu, acusado	Advogado de defesa	defense attorney
Design (v, n)	projetar, criar, projeto, estilo	Designar	to appoint
Editor (n)	redator	Editor	publisher

Educated (adj)	instruído, com alto grau de escolaridade	Educado	with a good upbringing, well, mannered, polite
Emission (n)	descarga (de gases, etc)	Emissão	issuing
Enroll (v)	inscrever-se, alistar-se, registrar-se	Enrolar	to roll, to wind, to curl
Eventually (adv)	finalmente, consequentemente	Eventualmente	occasionally
Exciting (adj)	empolgante	Excitante	thrilling
Exit (n, v)	saída, sair	Êxito	success
Expert (n)	especialista, perito	Esperto	smart, clever
Exquisite (adj)	belo, refinado	Esquisito	strange, odd
Fabric (n)	tecido	Fábrica	plant, factory
Genial (adj)	afável, aprazível	Genial	brilliant
Graduate program (n)	curso de pós-graduação	Curso de graduação	undergraduate program
Gratuity (n)	gratificação, gorjeta	Gratuidade	the quality of being free of charge
Grip (v)	agarrar firme	Gripe	cold, flu, influenza
Hazard (n,v)	risco, arriscar	Azar	bad luck
Idiom (n)	expressão idiomática, linguajar	Idioma	language
Income tax return (n)	declaração de imposto de renda	Devolução de imposto de renda	income tax refund
Ingenuity (n)	engenhosidade	Ingenuidade	naiveté ou naivety
Injury (n)	ferimento	Injúria	insult
Inscription (n)	gravação em relevo	Inscrição	registration, application
Intend (v)	pretender, ter intenção	Entender	understand
Intoxication (n)	embriaguez, efeito de drogas	Intoxicação	poisoning
Jar (n)	pote	Jarra	pitcher
Journal (n)	periódico, revista especializada	Jornal	newspaper
Lamp (n)	luminária	Lâmpada	light bulb
Large (adj)	grande, espaçoso	Largo	wide
Lecture (n)	palestra, aula	Leitura	reading
Legend (n)	lenda	Legenda	subtitle
Library (n)	biblioteca	Livraria	book shop
Location (n)	localização	Locação	rental
Lunch (n)	almoço	Lanche	snack
Magazine (n)	revista	Magazine	department store
Mayor (n)	prefeito	Maior	bigger
Medicine (n)	remédio	Medicina	medicine

Moisture (n)	umidade	Mistura	mix, mixture, blend
Motel (n)	hotel de beira de estrada	Motel	love motel
Notice (v)	notar, aperceber-se, aviso, comunicação	Notícia	news
Novel (n)	romance	Novela	soap opera
Office (n)	escritório	Oficial	official
Parents (n)	pais	Parentes	relatives
Particular (adj)	específico, exato	Particular	personal, private
Pasta (n)	massa	Pasta	paste, folder, briefcase
Policy (n)	política	Polícia	police
Port (n)	porto	Porta	door
Prejudice (n)	preconceito	Prejuízo	damage, loss
Prescribe (v)	receitar	Prescrever	expire
Preservative (n)	conservante	Preservativo	condom
Pretend (v)	fingir	Pretender	to intend, to plan
Private (adj)	particular	Privado	private
Procure (v)	conseguir, adquirir	Procurar	to look for
Propaganda (n)	divulgação de ideias/fatos com intuito de manipular	Propaganda	advertisement, commercial
Pull (v)	puxar	Pular	to jump
Push (v)	empurrar	Puxar	to pull
Range (v)	variar, cobrir	Ranger	to creak, to grind
Realize (v)	notar, perceber, dar-se conta, conceber uma ideia		to carry out,make come true, to accomplish
Recipient (n)	recebedor, agraciado Recipiente		container
Record (v, n)	gravar, disco, gravação, registro	Recordar	to remember, to recall
Refrigerant (n)	substância resfriadora usada em aparelhos	Refrigerante	soft drink, soda, pop
Requirement (n)	requisito	Requerimento	request, petition
Resume (v)	retomar, reiniciar	Resumir	summarize
Résumé (n)	curriculum vitae, currículo	Resumo	summary
Retired (adj)	aposentado	Retirado	removed, secluded
Senior (n)	idoso	Senhor	gentleman, sir
Service (n)	atendimento	Serviço	job
Stranger (n)	desconhecido	Estrangeiro	foreigner
Stupid (adj)	burro	Estúpido	impolite, rude
Support (v)	apolar	Suportar (tolerar)	tolerate, can stand
Tax (n)	imposto	Таха	rate, fee

Trainer (n)	preparador físico	Treinador	coach
Turn (n, v)	vez, volta, curva, virar, girar	Turno	shift, round
Vegetables (n)	verduras, legumes	Vegetais	plants

IDIOMATIC EXPRESSIONS

A Língua Inglesa possui algumas armadilhas para quem não a fala como língua materna, dentre elas estão as Expressões Idiomáticas (Idioms), que são figuras de linguagem onde um termo ou a frase assume um significado diferente do que as palavras teriam isoladamente.

unerente do que as paravia	s teriam isoladamente.		
Hum não é muito minha praia	It's not my cup of tea	De uma vez por todas	Once and for all
Não é da sua conta	It's none of your business	É minha palavra final	I'm putting my foot down
Um é pouco, dois é bom Três é demais	Two's company, three's a crowd	Ter uma queda por alguém	To have a crush on somebody
E aí?	What's up?	Há quanto tempo!	Long time no see!
Do nada	Out of the blue	Pare de ficar enrolando	Stop beating around the bush
Não se julga um livro pela capa ou As aparências enganam	Don't judge a book by its cover	Veja pelo lado bom	Look on the bright side
Deixa comigo!	Leave it to me	Deixa pra lá/ Não tem importância	Never mind
Em breve	Pretty soon	Você quem sabe	It is up to you
Não se apresse!	Take your time	Até aqui, tudo bem?	So far, so good?
Como é que pode?	How come?	Como vai você?	How are you? How's going? How do you do? How are things going?
Está chovendo muito	It's raining cats and dogs	Estar feliz/Estar no mundo da lua de tão contente	Over the moon
Vamos manter contato!	Let's keep in touch!	Sinta-se em casa/ Fique à vontade	Make yourself at home/ ease/comfortable
Sirva-se	Help yourself/Be my guest/Go ahead (informal)	Acho que sim	I think so
Acho que não	I don't think so	Que eu saiba	As far as I know
Melhor é impossível!	As good as it gets!	Até parece!	As if!
Tudo a seu tempo	All in good time	Vale tudo!	Anything goes!
Vira essa boca pra lá!	Bite your tongue!	Menos, menos! (quando alguém exagera)	Cheer down!
Abram caminho!	Clear the way!	Verdade seja dita	Credit where credit is due
Bonito, heim?	Fine thing!	Fica frio!	Hang loose
Eu avisei!	I told you so!	Que mundo pequeno!	It's a small world!
É a sua cara! (roupa certa)	It is you!	Já está na hora!/ Já não era sem tempo!	It is high time!
O que vale é a intenção	It is the thought that counts	É moleza, muito fácil	It's a piece of cake

PREPOSITIONS OF TIME

GENERAL SPECIFIC

IN	ON	AT
Parts of days	Holidays with "day"	Holidays with "day"
(morning, afternoon)	(Labor Day, Christmas Day)	(Easter, New Year's)
Months	Days of the week	Time
(April, May)	(Monday)	(noon, midnight,
Years	Days of the month	6:00, 10 a.m.)
Months	(Fourth of July)	
Centuries	Dates	
	(April 15, my birthday)	

MORE ADVERBS

HOW	HOW OFTEN?	WHEN?	WHERE?
Easily	always	after	away
Happily	every day	before	everywhere
Loudly	frequently	early	here
Quickly	never	now	home
Quietly	often	since	inside
Sadly	once	soon	near
Silently	seldom	today	outside
Slowly	sometime	yesterday	there

PHRASAL VERBS

	Phrasal Verb	Meaning	
A	Abide by	respect or obey (the law, a decision, a rule, an agreement)	
	Account for	explain, give a reason, to be the reason why sth happens	
	Add up	make sense, seem reasonable	
	Agree with	have the same opinion as sb else	
	Allow for	take into consideration, when making a plan or calculation	

Answer back	reply rudely	
Apply for	make a formal request for sth (job, permit, loan, college or university)	
Avail (oneself) of	take advantage of sth (an opportunity)	
Back away	move backwards, in fear or dislike	
Back down	withdraw, concede defeat	
Back up	give support or encouragement, make a copy of (file, program, etc)	
Black out	faint, lose consciousness	
Block off	separate using a barrier	
Blow up	explode, be destroyed by an explosion	
Boil down to	be summarized as	
Break down	go out of order, cease to function, lose control of one's emotions	
Break into	enter by force	
Break out	start suddenly	
Break out of	escape from a place by force	
Break up	come to an end (marriage, relationship)	
Bring up	raise (a child)	
Brush up on	improve, refresh one's knowledge of sth	
Bump into	meet by accident or unexpectedly	
Burn out	stop sth working, become exhausted from over-working	
Butt in (on sthg)	interrupt impolitely	
Call back	return a phone call	
Call off	cancel	
Call on/upon sby	formally invite or request	
Calm down	become more relaxed, less angry or upset	
Carry on	continue	
Carry out	do sth as specified (a plan, an order, a threat),	
Check in	perform or conduct (test, experiment)	
Check out	register at a hotel or airport	
Clam up	pay one's bill and leave (a hotel), investigate	
Clamp down on	refuse to speak	
Close down	act strictly to prevent sth	
Come across	stop operating (company, restaurant, cinema)	

В

Come forward	find by chance, appear, seem, make an impression
Come up against	present oneself
Conk out	stop working, stop or fall asleep (from exhaustion)
Count on	rely or depend on (for help)
Cross out	remove by drawing a line through
Cut down on	reduce in number or size
Cut out	remove using scissors, stop doing sth
Deal with	handle, take care of (problem, situation)
Die down	calm down, become less strong
Do without	manage without
Drag on	last longer than expected
Draw up	write (contract, agreement, document)
Dress up	wear elegant clothes, disguise oneself
Drop in	visit, usually on the way somewhere
Drop off	deliver sb or sth, fall asleep
Drop out	leave an activity, such as school, without finishing
Ease off	reduce, become less severe or slow down (pain, traffic, wo
Even out	eliminate differences of opinion, become level or regular
Fall through	fail, doesn't happen
Figure out	understand, find the answer
Fill out	complete (a form/an application)
Find out	discover or obtain information
Focus on	concentrate on sth
Figure out	understand, find a solution
Get at	imply
Get away	escape
Get by	manage to cope or to survive
Get in	enter
Get into (+noun)	enter
Get off	leave (bus, train, plane), remove
Get on	board (bus, train, plane)
Get on with (sth)	continue to do, make progress
Get on (well) with (sb)	have a good relationship with
Get out of (+noun)	leave
Get out of	avoid doing sth
Get over	recover from (illness, disappointment)
Get rid of	eliminate
Get together	meet each other

Give up	stop doing sth
Go through	experience, examine
Grow up	spend one's childhood, develop, become an adult
Hand in	submit (report, homework)
Hand out	distribute
Hang out	spend time in a particular place, or with a group of friends
Hang up	end a phone conversation
Hit at	aim a blow at, strike at sb or sth
Hit back	retaliate, reply to an attack
Hit on/upon	find unexpectedly or by inspiration
Hold on	wait, grip tightly
Hurry up	be quick, act speedily
Iron out	resolve by discussion, eliminate differences
Join in	participate
Join up	engage in, become a member of, meet and unite with
Jot down	take quick notes
Keep on	continue doing sth
Keep up with	stay at the same level as sb or sth
Kick off	begin, start
Leave out	omit, not mention
Let down	disappoint
Look after	take care of
Look ahead	think of the future
Look down on	consider as inferior
Look on	be a spectator at an event
Look for	try to find sth
Look forward to	await or anticipate with pleasure
Look up to	admire
Make fun of	laugh at/make jokes about
Make up	invent (excuse, story)
Mix up	mistake one thing or person for another person or thing
Move in	arrive in a new home or office
Move out	leave your home/office for another one
Nod off	fall asleep
Opt out	leave a system or decide not to participate
Own up	admit or confess sth
Pass away	die
Pass out	faint
Pay back	reimburse

Put off	nostnono arrango a later date
Put on	postpone, arrange a later date turn on, switch on
Put out	extinguish
Put up	accommodate, give sb a bed
Pick up	collect sb
Point out	indicate/direct attention to sth
Rely on	count on, depend on, trust
Rule out	eliminate
Run away	escape from a place or suddenly leave
Run into	meet by accident or unexpectedly (also: bump into)
Run out of	have no more of sth
Set off	start a journey
Set up	start a business
Shop around	compare prices
Show off	brag or want to be admired
Show up	appear/arrive
Shut up (impolite)	be silent, stop talking
Sit down	take a seat
Stick up for	defend
Take after	resemble, in appearance or character
Take care of	look after
Take off	leave the ground
Take on	hire or engage staff
Tell off	criticize severely
Think over	consider
Try on	wear sth to see if it suits or fits
Turn down	refuse
Tse up	finish a product (so that there's none left)
Vouch for	express confidence in, or guarantee sth
Watch out	be careful
Wear out	become unusable, become very tired
Work out	do physical exercise, find a solution or calculate sth
	clean (board, table)
Wipe off	cicali (boaiu, table)