



Lesson 2. Pleasant and unpleasant feelings.

Task 1. Drag the words into the correct column. Sort them one by one, starting with “content”, then “contented” etc.

*content contented discontented delighted depressed enthusiastic fed up with
sick and tired frustrated furious cross grateful thankful inspired miserable thrilled a
bit down/blue something makes your day to be floating/walking on air
to get jitters to be over the moon*

Positive feelings	Negative feelings

Task 2. Rewrite the words in bold using words from A and B opposite.

- After watching the nature programme, I felt **stimulated** _____ to become a zoologist.
- I always get a feeling of **negative excitement** _____ just before an exam.
- I was **extremely angry** _____ when they refused to give me my money back.
- I was **very excited and pleased** _____ to see my old school friend again after so long.
- The news about Rory's illness really made me feel **unhappy** _____.
- At first, I was **full of positive feelings** _____ about the course, but it's just not very good.



Task 3. Fill the gaps using the adjectives in the box below. Choose a correct adverb (*absolutely, quite or a bit*) to go in front of the adjective, both are possible.

contented	sick and tired	anxious	thrilled	frustrated	confused
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- I was feeling (quite / absolutely) _____ because she had not phoned to say she had arrived safely.
- I am (quite / absolutely) _____ of her selfish behaviour. I've had enough!
- It's all so complicated. I feel (a bit / quite) _____. Can you help me?
- I was (absolutely / a bit) _____ when I heard the wonderful news!
- It made me feel (quite / a bit) _____ that I still couldn't play any songs after six weeks of guitar lessons.
- You always seem so (absolutely / quite) _____ with life. How lucky you are!

Task 4. Put the below verbs into the Present Simple or Present Progressive tense.

- I (not/know) _____ the answer. *Example. I don't know the answer.*
- The child (look) _____ at the TV now.
- This cake (taste) _____ delicious.
- My father (not/own) _____ a car.
- I (wear) _____ a blue sweater today.
- Jane (seem) _____ a little angry today.
- People (do) _____ yoga in the park across the street right now.
- Chan (think) _____ that English is easy.
- Lily (love) _____ my brother now.
- My sister (not/talk) _____ on the phone at the moment.

Task 5. Writing practice. Choose 4 adjectives from this lesson which describe feelings you have had recently, write sentences about when and why you felt so.

