ENGLISH WORKSHEET: EMOTIONS & SENTIMENTS

Discovering how we feel inside! • 1st Grade Secondary

Student's Name: _____	**Date:** ____ / ____ / 2026
Teacher: _____	**Grade / Section:** 1st Grade _____

1 MATCHING WITH WORD BANK (Relacionar)

Español: *Arrastra mentalmente las palabras del menú (banco de palabras) para completar las definiciones de cada emoción.*
English: *Look at the word bank below and write the correct emotion in the blank spaces.*

SCARED | HAPPY | ANGRY | SAD | SURPRISED

a) _____ When you open an unexpected birthday gift and your eyes go wide!

b) _____ When you hear a loud, strange noise in the dark and you start to tremble.

c) _____ When you get a perfect score on your English exam and you can't stop smiling!

d) _____ When your ice cream falls to the ground and you feel like crying.

e) _____ When someone takes your favorite book without asking and your face turns red.

2 MATCH THE BOXES (Unir los recuadros)

Español: *Une con una línea de color el recuadro de la situación con el sentimiento de larga duración correcto.*
English: *Match the situations in the left box with the correct long-lasting sentiment in the right box by drawing colored lines.*

LIVEWORKSHEETS

SITUATIONS		SENTIMENTS
1. You love spending time, laughing, and sharing secrets with your best classmates.	→	JEALOUSY
2. You feel completely safe and believe in your own skills to pass any challenges.	→	LOVE
3. You care deeply about your family and friends, and always wish the best for them.	→	CONFIDENCE
4. You see your classmate with a brand new smartphone and feel a little bit green inside.	→	FRIENDSHIP

3 SHORT ANSWER QUESTIONS (Respuesta corta y libre)

> ***Español:*** *Responde libremente en inglés usando tus propias palabras. ¡Sé creativo/a!*
> ***English:*** *Answer the following questions freely in English. Use full or short sentences.*

1. Think about your favorite hobby (playing video games, dancing, football). How do you feel when you practice it and why?

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2. Remember that emotions are fast but sentiments last longer. Can you name one thing that gives you a long-lasting sentiment of "Happiness"?

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3. Imagine a friend is feeling very "Sad" 😢 today. What is one nice thing you can say or do in English to make them feel better?

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✨ **Great job! You are becoming an expert in understanding your feelings!** ✨

LIVEWORKSHEETS