

ENGLISH WORKSHEET

Topic: Emotions and Feelings — 1st Grade of Secondary School

Student's Name: _____

Grade: 1st Sec. _____

Date: _____

Activity 1: Fill in the Blanks

Directions: Read the sentences and complete them using the correct word from the interactive word bank below (Write the word in the space).

▣ WORD BANK ▣

angry

sad

excited

scared

tired

1. Today is my birthday! I am very to open my presents.
2. She is because she lost her favorite book. She wants to cry.
3. My little brother is of the dark. He always sleeps with the light on.
4. I studied all night for the English exam. Now, I am so and I need to sleep.
5. He is because his friend broke his favorite video game.

Activity 2: Match the Columns

Directions: Draw a line to connect each situation in Box A with the corresponding emotion or feeling in Box B.

BOX A: SITUATIONS

1. You get a 20/20 score on your final project.
2. You see a giant, flying cockroach in your room.
3. Your family prepares an unexpected birthday party for you.
4. You have to speak in public in front of the whole school.

BOX B: FEELINGS

- A. Surprised
- B. Proud
- C. Nervous
- D. Terrified

Activity 3: Short Answer (Free Response)

Directions: Answer the following questions in English using your own words. Write complete sentences.

1. How do you feel when it rains all day and you cannot go out to play with your friends?

2. What makes you feel really happy? Mention at least one specific thing or activity.

3. When you feel stressed, worried, or angry, what do you do to feel better?
