

FEELINGS & EMOTIONS



A. Look at the pictures. Drag the words to the correct pictures.





















WORD BANK

annoyed

surprised

nervous

proud

relaxed

scared

disappointed

excited

confused

embarrassed

B. Read each situation. Choose the correct feeling.

- Alex is going to a theme park tomorrow.
a. excited b. scared
- Mia has to sing in front of the whole class.
a. nervous b. relaxed
- Jade dropped her lunch on the floor in the cafeteria and everyone saw.
a. embarrassed b. proud
- The soccer team lost the game.
a. disappointed b. surprised
- Leo opens his birthday gift and sees a new smartphone.
a. surprised b. confused

- A loud thunderstorm wakes Olivia up at night.
a. scared b. excited
- Ben won first place in the science fair.
a. proud b. annoyed
- Noah doesn't understand the road map.
a. confused b. relaxed
- Dad is in a bad mood because the traffic is so slow.
a. annoyed b. nervous
- After a long day, Ethan lies on the sofa and listens to soft music.
a. relaxed b. embarrassed

FEELINGS & EMOTIONS



STUDY & LEARN

-ED = HOW SOMEONE FEELS

We use -ed adjectives to describe a person's feeling.

Example: Anna is **excited**.

-ING = WHAT CAUSES THE FEELING

We use -ing adjectives to describe things or situations that cause the feeling.

Example: The movie is **exciting**.

A. Choose the correct word.

1. The roller coaster is **exciting / excited**.
2. Mia felt **embarrassing / embarrassed** when she forgot her lines.
3. The instructions are **confusing / confused**.
4. Ben was **annoying / annoyed** by the loud noise.
5. We were **surprising / surprised** by the news.
6. The final match was **disappointing / disappointed**.
7. The documentary was **interesting / interested**.
8. Dad was **boring / bored** during the long meeting.

B. Complete each sentence with the correct -ed or -ing form of the word in brackets.

Example: The students were excited about the school trip. (excite)

1. The instructions were _____. (confuse)
2. Everyone was _____ by the magician's final trick. (surprise)
3. The football fans were _____ with the final score. (disappoint)
4. The long history lesson was _____. (bore)
5. Mia is _____ in learning about space. (interest)
6. The loud construction noise is really _____. (annoy)
7. We were _____ when we heard the good news. (excite)
8. The ending of the movie was _____. (surprise)

FEELINGS & EMOTIONS

A. Match each feeling with its opposite.

- 1 excited → _____
- 2 nervous → _____
- 3 embarrassed → _____
- 4 disappointed → _____
- 5 worried → _____
- 6 relaxed → _____

WORD BANK

- relieved
- proud
- bored
- stressed
- pleased
- confident

B. Complete each sentence with **and** or **but**.

Example: Lily was nervous, **but** she finished her presentation.

- 1 Mia is excited _____ nervous about the school trip.
- 2 Leo was embarrassed _____ he continued his presentation.
- 3 Mum feels relaxed _____ happy after her holiday.
- 4 Ben was disappointed _____ he didn't give up.
- 5 Eva feels proud _____ pleased with her test result.
- 6 Jack was nervous _____ confident before the competition.
- 7 Dad was tired _____ relaxed after his long journey.
- 8 Sofia was worried _____ she stayed calm.
- 9 Tom felt bored _____ annoyed during the long delay.
- 10 Anna was scared _____ she finished the performance.



VOCABULARY EXTENSION

Read the adjectives below. Write each one in the correct column.

brave | tired | happy | angry | calm | afraid | confident | shy | proud | worried | relaxed | excited

POSITIVE FEELINGS

NEGATIVE FEELINGS

BOTH POSITIVE & NEGATIVE

NEUTRAL / DESCRIBING
