# MOODS AND FEELINGS 09



**1** Look at the photo with a partner. Does homework affect your mood?

**good mood**

- spent time with friends
-
-
-

**bad mood**

- didn't eat breakfast
-
-
-

**2** 09 Watch the film and listen to the feelings mentioned. Tick (✔) the ones you hear.

| | | | | | |
|---|---|---|---|---|---|
| happy | ✔ | tired | ☐ | stressed | ☐ |
| grumpy | ☐ | hungry | ☐ | sleepy | ☐ |
| excited | ☐ | miserable | ☐ | cheerful | ☐ |

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**3** 09 **Work with a partner. Are the following statements true or false? Correct the false ones. Then watch the first part of the film and check your answers.**













**0** Michael is never in a good mood False. He is usually happy.
**1** Michael is grumpy when he doesn't' get enough sleep. .....
**2** Emilia is only in a good mood at the weekend. .....
**3** Emrys is rarely in a good mood. .....
**4** Emrys is unhappy when the weather is good. .....
**5** Katherine's family says she is usually in a good mood. .....
**6** When Katherine has a lot of work, she relaxes. .....

09 **Circle the correct words in these sentences about the students' bad moods. Then watch the last part of the film and check your answers.**

**1** Emilia: If I have / skip breakfast I'm normally in a good / bad mood.
**2** Katherine: It's mainly if I'm tired / happy or if I've got / haven't got a lot of work.
**3** Emrys: If I have to sit / get up too early or if I haven't had time to make myself / eat breakfast.

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# 13 MIXED FEELINGS

## ABOUT YOU

09 **Watch the video and then answer the questions.**

Are you usually in a good mood?

What kind of things put you in a bad mood?

## VOCABULARY Adjectives: moods and feelings

**1** **Read the social media posts and choose the correct adjectives.**



**Ellen Gardner**

165 friends

**Your friends' recent activity**



7 minutes ago

**Alfie Dale**

is feeling [1] *scared / grateful.*

I'm at home by myself. Maybe this wasn't the night to watch a horror film!

22 minutes ago

**Evie Turner**

is feeling [2] *proud / brave.*

Incredible game, Brighton ❤️ ! Next week Chelsea!





1 hour ago

**Lily Gates**

is feeling [3] *stressed / relaxed.*

Sunday night is film night in our house. I'm on the sofa with some snacks! 🍿

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1 hour ago

**Ollie Parks**

is feeling [4] *confused / amazed.*

OK. Does anyone want to explain the ending of Sherlock to me? I didn't understand it at all!





2 hours ago

**Jack Forrest**

is feeling [5] *exhausted / embarrassed.*

I thought that Sydney was the capital of Australia! Oops!

2 hours ago

**Grace Buxton**

is feeling [6] *disappointed / hopeful.*

I scored 92% in the practice maths test! I'm feeling pretty good about the real exam now.



## 2 Match the adjectives you didn't choose in Exercise 1 with the definitions.

**a** feeling or showing thanks
**b** unhappy because something was not as good as you hoped
**c** very surprised
**d** very tired
**e** worried and not able to relax
**f** showing no fear of dangerous situations

64

## 3 Complete the sentences with the adjectives in the box. Then listen to the conversations and check.

EP

amazed brave confused disappointed embarrassed exhausted grateful hopeful proud relaxed scared stressed

1 Ben's mum feels really _____ because he got to the final of the tennis competition. Tom is _____ because he didn't win.
2 Vicky is feeling _____ because she had football training all afternoon. However, she agrees to go to the shop for her dad and he is very _____.
3 Freddy is _____ that Sadie designed the rugby poster. It looks so professional. But he's also _____. He doesn't understand why Sadie is interested in rugby.
4 Anna is feeling _____ because she's got an exam tomorrow. Harry thinks she'll work better if she's _____.
5 Lucas feels _____ because he made some stupid mistakes in his exam. He's still _____ that he has passed.
6 Dan is _____ to tell his sister that he broke her phone. His mum tells him to be _____ and tell her now.

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**4** **Complete the sentences. Then compare them with your partner's.**

1 I get embarrassed when …
2 On Friday afternoons, I usually feel …
3 At the weekend, I sometimes feel …
4 I get stressed when …
5 I feel a bit disappointed when …
6 I'm scared of …

## VOCABULARY Adjectives: moods and feelings

**1** **Find 12 adjectives in the word square (→ ↓ ↘).**

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| e | d | t | f | h | c | r | s | y | o | r | i |
| x | n | e | b | e | o | u | t | p | l | h | q |
| h | a | u | t | b | n | p | r | o | p | q | r |
| a | m | m | h | q | f | x | e | c | r | y | e |
| u | y | f | a | n | u | n | s | f | o | m | l |
| s | l | f | f | z | s | q | s | n | u | s | a |
| t | b | r | a | v | e | l | e | i | d | l | x |
| e | d | x | c | r | d | d | d | g | f | d | e |
| d | i | s | a | p | p | o | i | n | t | e | d |
| e | m | b | a | r | r | a | s | s | e | d | f |
| o | x | h | g | r | a | t | e | f | u | l | a |
| s | c | a | r | e | d | r | d | h | w | n | l |

**2** **Write the words from the word square next to their meanings.**

1 extremely surprised _____
2 feeling very pleased about something you have done _____
3 showing thanks for something _____
4 not able to think clearly or to understand something _____
5 thinking something positive will happen _____
6 unhappy because someone or something was not as good as you hoped _____
7 very tired _____
8 not frightened in dangerous or difficult situations _____
9 feeling happy because nothing is worrying you _____
10 frightened something bad will happen _____
11 worried and not able to relax _____
12 feeling ashamed or shy _____

LIVEWORKSHEETS

**3** **Complete the sentences with the adjectives from the box. There is one adjective you don't need.**

| | | |
|---|---|---|
| amazed | confused | disappointed |
| embarrassed | exhausted | |
| grateful | hopeful | proud |
| relaxed | scared | stressed |

1 Danny is _____ that he won't pass the exam – he hasn't studied very hard.
2 I don't understand what you're saying – I'm _____.
3 Alison didn't get what she wanted for her birthday. She's a bit _____.
4 Jack does yoga because it makes him feel _____.
5 I'm so _____ of our school – we won the competition.
6 I don't know how I got 100% in my maths exam. I'm _____!
7 Pedro felt _____ when he had to speak in front of the whole class.
8 Eva is _____ that she will win the swimming race.
9 I've been running for half an hour and now I feel completely _____!
10 Carol is feeling _____ because she has a test tomorrow and she's working hard.

**4** **Choose the two words that best describe the people in each situation.**

1 Emma usually gets the best marks in class and she will be very surprised if she isn't top of the class again. She's never worried before an exam.
**a** amazed **b** scared **c** relaxed
2 Mrs Paderewski has worked many hours recently. She bought a new computer and she went on an expensive holiday, but now she feels worried and can't relax.
**a** embarrassed **b** exhausted **c** stressed
3 Jackson is very pleased that his team played so well and they won the match. He is unhappy that he didn't score a goal though.
**a** grateful **b** proud **c** disappointed
4 We sometimes do quizzes at home and I don't always know the answers to even simple questions. My face goes red! Last night we played and there was so much noise I couldn't think properly.
**a** embarrassed **b** hopeful **c** confused
5 Jan has passed all his exams and now feels happy and calm. His parents are very pleased, too, and have organised a big party at their house.
**a** proud **b** relaxed **c** brave

LIVEWORKSHEETS