ADJECTIVES:MOODS AND FEELINGS

Write the words from the box next to their meanings.

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

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 _____

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

e 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.

LIVEWORKSHEETS