

Beginner Exercise 1

No.	word/phrase	meaning
1	elated	extremely happy, over the moon
2	vexed	Annoyed
3	sulky	Pouting because you did not get what you want
4	jittery	Shaking uncontrollably due to nervousness
5	tranquil	Peaceful



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Beginner Exercise 1

elated	vexed	sulking
jittery	tranquil	

1. Johnathan was _____ when he won first prize. A smile spread across his face and he delightfully pumped his fist in the air
2. The beautiful waves in the sea calmed Joanne down. She felt _____ as she relaxed on the sand.
3. I felt _____ at my brother who was annoying me by mimicking my actions. My face turned crimson red as I waved my fist angrily at him.
4. Pouting her lips, my little sister kept _____ until my father bought her the toy she wanted.
5. The eerie abandoned house made me feel _____. A chill ran down my spine as I trembled with fear.



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Beginner Exercise 2

No	word/phrase	meaning
1	Fascinated	Admire or engrossed by something
2	Displeased	Not contented
3	Depressed	Long term sadness you can't shake off
4	Fidgety	Moving parts of your body due to nervousness
5	Ecstatic	If you are ecstatic, you feel very happy and full of excitement.



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Beginner Exercise 2

fascination	displeased	depressed
fidgety	ecstatic	

1. My mother was _____ that I had failed my examination.
2. _____ overcame me as I stepped into the humongous castle.
It was bigger than I imagined it to be! My mouth was agape with wonder.
3. Mr. Lou became _____ after the death of his wife. His eyes were vacant and he was reduced to a shell of who he used to be.
4. Shelley was _____ to know she had won a million dollars. She twirled around in delight and pumped her fist in the air.
5. Joanne paced around nervously, waiting for her examination results. She could not stand still and felt _____ with each passing minute.



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Beginner Exercise 3

No	word/phrase	meaning
1	Furious	Extreme anger
2	Nostalgic	Feeling low thinking of happier times
3	Petrified	So scared you can't move
4	Upbeat	Cheerful or optimistic
5	Apathetic	Uninterested



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Beginner Exercise 3

furious	petrified	upbeat
nostalgic	apathetic	

1. Dad was _____ when he found out I broke his favourite watch. His face was crimson red and he narrowed his eyes at me.
2. Face turning as pale as a sheet, Jaden was so _____ that he was as still as a statue.
3. Yu Xiang feels _____ whenever he passes by his old neighbourhood. He misses playing with his old friends.
4. Janet was in a cheerful mood and feeling _____. A smile plastered across her face.
5. Jane was _____ about completing her schoolwork. Due to that, she she did not graduate in time.



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Beginner Exercise 4

No	word/phrase	meaning
1	famished	very hungry
2	lonely	Feeling alone like you have no friends
3	hesitant	Feeling scared to make a move due to distrust
4	chipper	Cheerful and lively
5	peeved	Feeling frustrated



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Beginner Exercise 4

chipper	famished	hesitant
peevied	lonely	

1. She was a bag of bones. Malnourished, she could barely lift a finger. Her eyes lit up upon seeing a plate of food. She was feeling _____.
2. Greg was feeling _____. He had no friends.
3. Melissa was _____ to take up the offer. The deal raised her suspicions.
4. After having a great day at work, Martha was _____ and in a happy mood.
5. Gritting his teeth, James was _____ at Mary for leaving the dirty dishes at the sink. He was frustrated by her behaviour.



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