EMOTIONS, CHARACTERISTICS, AND FEELINGS

People come in all shapes and sizes, not just physically, but in terms of their personalities and qualities. Some individuals may come across as **arrogant**, displaying an excessive sense of self-importance. On the other hand, there are those who might be considered **boring**, lacking the ability to engage in interesting conversations.

Clever people often impress us with their intelligence, while the **funny** ones inject humour into our lives. **Generosity** and **loyalty** are commendable traits that make friendships strong and harmonious. **Moody** individuals may be challenging to predict, swinging between highs and lows.

Outgoing personalities are often the life of the party, whereas **pessimistic** people tend to see the glass as half empty. **Punctuality** is a virtue, ensuring things run smoothly, while **reserved** individuals may take time to open up. **Rude** behaviour is a flaw that can harm relationships, and **stupidity**, though unkind to say, can lead to poor decisions.

Some people are **shy**, finding social interactions challenging, while others are **confident**, inspiring trust and respect. **Thoughtful** individuals stand out for their empathy, considering others' feelings. **Mean-spirited** people can be hurtful, leaving negativity in their wake. **Relaxed** folks promote calm, while **miserable** individuals battle inner turmoil (confusion, or uncertainty), requiring support. **Tense** people struggle with anxiety, and **selfishness** interferes with relationships.

Tolerance, however, is a wonderful quality that encourages understanding and acceptance of our differences. In the end, we all possess a mix of these qualities and flaws, making us unique and human. It's the balance we strike that defines our character.

Study the following adjectives and put them into the correct categories below:

arrogant	boring	clever	funny	generous	loyal	moody
outgoing	pessimistic	punctual	reserved	rude	stupid	tolerant

Qualities: _____

Flaws: _____

Now match the adjectives on the left with their opposites on the right:

1. generous	a. confident
2. relaxed	b. mean
3. shy	c. miserable
4. tough	d. selfish
5. strong	e. soft
6. cheerful	f. tense
7. thoughtful	g. weak

LIVEWORKSHEETS

What character features should / shouldn't these people have? Use any of the adjectives from the exercises before.

a teacher a policeman a good friend

a businessman a waiter a husband/wife a politician

Example: A teacher should be tolerant, patient, cheerful ... A teacher shouldn't be impatient, impolite ...

Read the text and fill in the table with the correct derived noun. Some are not found in the text.

Human emotions are like colours on the canvas of our lives. We all seek happiness, a warm and delightful feeling. When things don't go our way, anger can take over. It's important to manage it wisely. Pride is the joy in our achievements, but too much can lead to arrogance.

Embarrassment occurs when we make mistakes, and it can make us feel awkward. Boredom can creep in when we have nothing to do, tempting us to be lazy. Generosity and sympathy are like beacons of light. Being generous is sharing with others, and sympathy means understanding their feelings.

Bravery is the courage to face challenges, and jealousy is when we desire what others have. We're all a mix of these emotions, and it's okay. They make us human. Learning to balance and express them in healthy ways is a lifelong journey.

Adjective	**Noun**
Happy	
Selfish	Selfishness
Arrogant	
	Thoughtfulness (consideration for the needs of other people)
Angry	
Proud	
	Stupidity
Embarrassed	
Bored	
	Laziness
Generous	
	Awkwardness (the quality of being or causing or feeling uneasy, embarrassment)
Sympathetic	
Brave	
Loyal	
Jealous	
	Delight (great pleasure)

LIVEWORKSHEETS

Read the dialogue and write in the missing words.

SYMPATHETIC HAPPY BOREDOM JEALOUS EMBARRASSMENT EMPATHY BRAVER PROUD LAZINESS

Sara: How was your day, John?

John: It was quite a rollercoaster, to be honest. In the morning, I was _____because I received some good news at work. I felt _____of my achievements.

Sara: That's great to hear! But what happened next?

John: Well, I felt embarrassed when I made a mistake during a meeting, and that brought a wave of _____over me. I was really angry with myself.

Sara: Don't be too hard on yourself. We all make mistakes.

John: Thanks, Sara. You're always so _____and generous with your support.

Sara: It's important to show _____and sympathy to friends in need. Did anything else happen?

John: Later, I got bored at work because I had finished all my tasks, and I must admit I felt a bit lazy.

Sara: It happens to the best of us. We all have moments of _____ and_____.

John: That's true. But then, I heard about Tom's promotion, and I couldn't help but feel a bit_____. I wish it was me.

Sara: Jealousy is a common emotion, John. It's how we handle it that counts.

John: You're right. I need to be _____in facing my feelings and working on my own success.

When was the last time you felt happy?

Whan was the last time you felt angry with yourself?

When was the last time you got bored / lazy?

When was the last time you got angry?

When was the last time you had moments of happiness?

When was the last time you had moments of laziness?

Fill in the sentences with appropriated word.

1. I was incredibly _____ when I found out I aced my final exams.
2. I felt deeply _____when I accidentally spilled my drink at the fancy dinner party.
3. I was touched by the _____ of my friends who stood by me during tough times.
4. I felt intense _____ when someone vandalized my car.
5. The _____ on my daughter's face when she received her birthday gift was priceless.
6. I felt a surge of _____ when I completed my first marathon.

LIVEWORKSHEETS

7. My friend's _____ in facing her fear of heights was truly inspiring.
8. His _____ was evident when he refused to listen to anyone else's opinions.
9. She was always _____, remembering everyone's birthdays and special occasions.
10. _____ showed its ugly head when I saw my coworker get the promotion I wanted.

We can always change the sentence and modify the adjective to noun and vice versa.

1. I was incredibly happy when I found out I aced my final exams. – **How** did you feel?

The happiness I felt when I found out I aced my final exams was amazing. – **What** did you feel?

2. I felt deeply embarrassed when I accidentally spilled my drink at the fancy dinner party. - **How** did you feel?

The embarrassment I felt when I accidentally spilled my drink at the fancy dinner party was remembered for a long time. - **What** did you feel?

3. Jealousy reared its ugly head when I saw my coworker get the promotion I wanted. **- What** did you feel?
4. I was jealous when I saw my coworker get the promotion I wanted.- **How** did you feel?
5. I felt intense anger when someone vandalized my car. **What** did you feel?

I was angry when someone vandalized my car . .- **How** did you feel?

6. The happiness on my daughter's face when she received her birthday gift was priceless. **What?**

My daughter was happy when she received her birthday gift. – **How** did she feel?

7. I felt a surge of pride when I completed my first marathon.

I was proud of myself when I completed my first marathon.

8. My friend's bravery in facing her fear of heights was truly inspiring.

My friend was brave when she faced her fear of heights.

9. His arrogance was evident when he refused to listen to anyone else's opinions. – what?

He was arrogant when he refused to listen to anyone else's opinions. – in what way / how?

Change the sentences.

1. His selfish behaviour was quite evident when he refused to share the last piece of cake.

_____

2. His arrogant attitude makes it hard for people to get along with him.

_____

3. I felt jealousy when my best friend got a promotion, and I didn't.

_____

4. I was overwhelmed with happiness when my family surprised me on my birthday.

LIVEWORKSHEETS

5. I experienced a sense of pride when I received my diploma at graduation.

6. I was filled with anger when someone made fun of my beliefs.

7. I felt boredom during the long, monotonous lecture.

8. I felt a rush of arrogance when I won the debate, but I regret it now.

9. I often struggle with moments of stupidity when I forget my keys or phone.

LIVEWORKSHEETS