

## Feelings &amp; Emotions

## 1 Fill in the gaps with the words below:

- thrilled • frightened • happy • surprised  
• sad • tired • bored • nervous



1 He feels .....



2 He feels .....



3 He feels .....



4 He feels .....



5 He feels .....



6 He feels .....



7 He feels .....



8 He feels .....

## 2 Circle the correct word.

- Tom is **bored** / **thrilled** with his new clothes – he really likes them.
- Mary feels very **tired** / **surprised** because she can't sleep well.
- Jeff is **frightened** / **sad** because he can't go to the basketball game.
- Daniel is **happy** / **nervous** because it's his birthday tomorrow.
- My sister is **tired** / **frightened** of the dark and she sleeps with the light on.
- Helen feels **bored** / **nervous** about her Maths exam tomorrow.

## 3 Write P (positive), N (negative) or B (both) next to the adjectives below. Then, fill in the gaps.

- |                    |                  |
|--------------------|------------------|
| 1 surprised .....  | 5 thrilled ..... |
| 2 frightened ..... | 6 tired .....    |
| 3 happy .....      | 7 nervous .....  |
| 4 sad .....        | 8 bored .....    |

- A He can't find his cat. He feels \_\_\_\_.
- B There's nothing to do. I feel \_\_\_\_.
- C She screams when she sees a spider. She feels \_\_\_\_\_.

4 Find the feelings in the puzzle below: *tired, sad, nervous, happy, thrilled, surprised.*

V	O	I	A	B	O	C	H	V	L
N	T	H	R	I	L	L	E	D	B
B	S	U	R	P	R	I	S	E	D
N	E	R	V	O	U	S	H	V	T
I	V	R	Z	L	G	L	V	T	R
T	I	R	E	D	P	S	S	V	U
B	R	I	J	R	J	Y	A	U	R
T	F	F	U	H	M	Q	D	A	V
M	R	V	Y	Y	G	T	S	X	I
L	S	D	H	A	P	P	Y	M	K

## 5 Complete these sentences about yourself.

- I feel bored when .....
- I feel frightened when .....
- I am happy when .....
- I am thrilled when .....
- I feel nervous when .....