Phrasal verbs for feelings Worksheet Grade 9

Theme: Phrasal verbs for feelings

Name:

Surname:

Pre-Class Study:

Before completing this worksheet, please study attached material first

PART A — Open Question (Text Field)

1. In 2–3 sentences, explain why talking about your feelings is important.
Try to use at least one phrasal verb from the list.

PART B — Short Answer

2. Write the phrasal verb that matches the definition:

a) To keep your emotions hidden instead of expressing them.

→ _____

b) To lose emotional control and start crying.

→ _____

c) To relax and stop stressing.

→ _____

d) To share your feelings openly.

→ _____

PART C — Drag & Drop: Fill in the gaps
Drag the verbs into the correct blanks:
bottle up – open up – hold back – break down – blow up –
freak out – calm down – chill out

1. She tried to _____ her tears during the movie.
2. If you continue to _____ your emotions, you might feel worse later.
3. After the argument, he needed time to _____
4. I told her not to _____, but she screamed when she saw the spider.
5. He finally decided to _____ and tell the truth.
6. She _____ when she heard the terrible news.
7. My dad tends to _____ when he gets really angry.
8. You need to _____ and forget about the exam for a while.

PART D — Multiple Choice (Several correct answers – Checkboxes)
4. Which phrasal verbs describe losing emotional control? (Choose all that apply.)
☐ chill out
☐ freak out
☐ blow up
☐ break down
☐ open up

PART E — Select the correct form (Select)
5. Choose the correct form:
"After a few minutes, she finally _____ "
• calm down
• calmed down
• calming down

PART H — Matching meanings to examples (Join)
Match the example to the correct phrasal verb.

A
1. "Don't keep everything inside. Talk to me."
2. "He completely lost control and shouted."
3. "She started crying after hearing the news."
4. "You need to relax a bit."

B
a. chill out
b. break down
c. open up
d. blow up