

WORKSHEET

Date: 25/02/2026
KET 3-Unit 1



Teacher's
feedbacks

Task 1: Complete the sentences with the past simple or the past continuous form the verbs.

1. Peter _____ (play) a video game when his brother, Jack, _____ (enter) the room.
2. I _____ (study) for my English test when my mother _____ (come) home from work.
3. Emma _____ (wash) the dishes when the telephone _____ (ring).
4. I _____ (ate) a sandwich while my parents _____ (drink) coffee.
5. I _____ (watch) a DVD when my cat _____ (jump) on me.
6. I _____ (not hear) the thunder during the storm last night because I _____ (sleep)
7. It (be) _____ beautiful yesterday when we _____ (go) for a walk in the park. The sun _____ (shine). The birds _____ (sing).
8. My brother and sister _____ (talk) about something when I _____ (walk) into the room.
9. Tom _____ (go) to his friend's house, but the boys _____ (not be) there. They _____ (play) soccer in the vacant lot down the street.
10. The little boy _____ (fall) asleep while his mother _____ (read) him a story.

Task 2: Choose the correct answer

1. She felt _____ when she realized she had sent the email to the wrong person.
A. embarrassed
B. excited
C. relaxed
2. I was completely _____ when I saw my old friend standing in front of me after ten years.
A. bored
B. surprised
C. worried
3. He looked _____ because he didn't know anyone at the party.
A. confused
B. proud
C. excited
4. They were _____ about the upcoming exam because it was very important.
A. nervous
B. relaxed
C. proud
5. She felt _____ when her little brother broke her favorite toy.
A. disappointed
B. angry
C. scared
6. We were very _____ after hearing that the trip had been cancelled.
A. embarrassed
B. disappointed
C. excited

7. He felt _____ when his teacher praised him in front of the whole class.

- A. proud
- B. confused
- C. bored

8. I was _____ because I couldn't remember where I had put my keys.

- A. surprised
- B. worried
- C. relaxed

9. She seemed _____ while listening to the same story for the third time.

- A. bored
- B. scared
- C. proud

10. Tom was _____ when he saw smoke coming from the kitchen.

- A. embarrassed
- B. scared
- C. excited

11. They felt _____ when they didn't understand the teacher's explanation.

- A. confused
- B. relaxed
- C. proud

12. I was _____ to hear that I didn't get the scholarship.

- A. excited
- B. disappointed
- C. surprised

Task 3: Read the text**Emotional Awareness and Decision-Making**

In the field of cognitive psychology, emotional awareness is increasingly recognised as a crucial component of effective decision-making. Emotional awareness refers to the ability to identify and interpret one's own emotional states, as well as to understand how these states may influence judgement. Rather than being irrational forces, emotions are now widely viewed as sources of valuable information.

Research indicates that emotions can function as internal signals. For instance, feelings of discomfort may alert individuals to potential risks, while enthusiasm may encourage exploration and creativity. However, the accuracy of these emotional signals depends largely on an individual's ability to interpret them correctly. Misinterpreted emotions can result in impulsive or poorly reasoned decisions.

Furthermore, scholars argue that emotional awareness develops gradually through social interaction and reflective practice. Educational programmes that include reflective writing and group discussion have been shown to increase students' sensitivity to their emotional responses.

Nevertheless, some researchers caution that cultural norms may influence how emotions are expressed and understood, which may affect the outcomes of such programmes.

Although emotional awareness is associated with improved interpersonal relationships and self-regulation, experts continue to debate whether it directly leads to measurable improvements in academic or professional performance.

Questions (YES / NO / NOT GIVEN)

Write:

YES – if the statement agrees with the passage

NO – if the statement contradicts the passage

NOT GIVEN – if there is no information in the passage

1. Emotions are currently considered completely irrational in cognitive psychology.
2. Emotional signals can sometimes help people recognise danger.
3. Incorrect interpretation of emotions may lead to poor decisions.
4. Emotional awareness develops naturally without any social influence.
5. Cultural differences may affect how emotional education programmes work.
6. Emotional awareness guarantees higher academic results.