UP English Center

Name: _____

Class: _____

1. Read the text about emotions carefully. Then do the tasks below:

Emotions in Everyday Life

Every day, people experience many different emotions. These emotions include happiness, sadness, anger, fear, surprise, and calmness. Emotions are part of normal life and they help people understand their surroundings and react to different situations.

For example, when someone receives good news, like passing an exam or winning a game, they often feel happy and excited. On the other hand, when something bad happens, such as losing a toy or failing a test, people may feel sad or disappointed.

Fear is another important emotion. People feel fear when they think something is dangerous. This helps them stay safe. For instance, if a dog is running towards someone in a strange way, that person may feel scared and move away quickly.

Sometimes, people do not feel only one emotion. They can feel mixed emotions. For example, when a student finishes primary school, they may feel happy because they are growing up, but also sad because they will miss their friends and teachers.

Scientists believe emotions are very useful because they help humans make decisions and communicate with others. However, strong emotions usually do not last a long time. After a while, people often feel [illegible]

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It is also interesting that emotions can change quickly. A person may feel angry in the morning but feel happy again in the afternoon after talking to a friend or doing something fun.

Part 1: Multiple choice

1. What are emotions?

A. Things people eat every day

B. Feelings people experience in life

C. Types of weather

2. How do people feel when they receive good news?

A. Angry and tired

B. Happy and excited

C. Confused and scared

3. Why do people feel fear?

A. Because it helps them sleep

B. Because it helps them stay safe

C. Because it makes them laugh

4. What mixed emotions might a student feel when leaving primary school?

A. Only happy

B. Only sad

C. Happy and sad

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5. **What do scientists think about emotions?**

A. They are not important

B. They are useful for decisions and communication

C. They only happen at night

Part 2: True / False

1. Emotions never change.
2. People can feel more than one emotion at the same time.
3. Fear can help people stay safe.
4. Strong emotions last forever.
5. Talking to a friend can change how you feel.

2. Complete the sentences using: so / such / such as / so that

1. She was _____ tired that she fell asleep in class.
2. I brought an umbrella _____ it might rain later.
3. There are many outdoor activities _____ hiking, cycling, and camping.
4. It was _____ a noisy room that I couldn't concentrate.
5. He studies hard _____ he can get good grades.
6. The exam was _____ difficult that only a few students passed.
7. I went to bed early _____ I could wake up at 5 a.m.

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8. She likes sports _____ football and badminton.

9. The music was _____ loud that we had to leave the room.

10. They saved money _____ they could travel to Japan.

3. Write about a time you told a white lie that helped someone. A white lie means a small lie that is told to avoid hurting someone's feelings.

In your writing, you should include:

- who you told the lie to
- what the situation was
- why you said the lie
- what happened after that
- how you felt in the end

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