EMOTIONS & FEELINGS

An Educational Infographic & Vocabulary Guide for 1st Year Secondary Students

HAPPINESS



A positive feeling of joy, satisfaction, and inner contentment. It makes your body feel energized and brings a smile to your face.

Example: *"I feel happy when I play video games with my best friends."*

SADNESS



An unhappy emotion often caused by loss, disappointment, or sorrow. It is normal to cry or want some quiet time alone.

Example: *"He felt sad when his pet dog became sick."*

ANGER



A strong, powerful emotion of extreme displeasure or frustration. It happens when things feel unfair or completely wrong.

Example: *"She was angry because her brother broke her favorite headphones."*

FEAR



The feeling you get when you are scared or sense danger. Your heart beats much faster to help you stay safe or run away.

Example: *"They felt fear walking through the dark forest at night."*

SURPRISE



A brief, sudden feeling caused by something completely unexpected or astonishing. It opens your eyes wide!

Example: *"I felt total surprise when my family threw me an unexpected party."*

DISGUST



A strong feeling of dislike, revolt, or aversion toward something that smells, tastes, or looks unpleasant and nasty.

Example: *"He made a face of disgust when he smelled the rotten milk."*

LIVEWORKSHEETS

STUDENT EXERCISES: EMOTIONS & FEELINGS

Student Name: _____ **Grade:** 1st Secondary **Date:** _____

Activity 1: Fill in the Blanks (Drag & Drop Menu)

"Drag" the correct words from the interactive menu box below and write them into the blanks.

Anger | Sadness | Surprise | Fear | Happiness

1. When I get an unexpected high grade on a difficult test, my first emotion is _____.
2. Running away from a big, aggressive dog causes a feeling of intense _____.
3. Winning a soccer tournament brings immense joy and _____ to the whole team.
4. Saying goodbye to a good friend who is moving away creates a sense of _____.

Activity 2: Short Answer Questions (Free Expression)

Answer the following questions freely in English using your own words and complete sentences.

1. What makes you feel exceptionally happy during the school week? Why?

2. Describe a specific situation that causes you to feel anger or frustration.

Activity 3: Match the Situations (Box Layout)

Draw a straight line to connect the situation box on the left to the corresponding response box on the right.

A person steps on your new clean white shoes on purpose.	**You feel intense FEAR / NERVOUSNESS.**
You have to speak in front of 200 students in the auditorium.	**You feel deep DISGUST.**
You accidentally find a worm inside your fresh apple salad.	**You react with ANGER.**

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