

ENGLISH WORKSHEET: EMOTIONS & SENTIMENTS

Discovering how we feel inside! • 1st Grade Secondary

Student's Name: _____

Date: ____ / ____ / 2026

Teacher: _____

Grade / Section: 1st Grade _____

1 MATCHING WITH WORD BANK (Relacionar)

Español: Arrastra mentalmente las palabras del menú (banco de palabras) para completar las definiciones de cada emoción.

English: Look at the word bank below and write the correct emotion in the blank spaces.

SCARED

HAPPY

ANGRY

SAD

SURPRISED

- a) _____ When you open an unexpected birthday gift and your eyes go wide!
- b) _____ When you hear a loud, strange noise in the dark and you start to tremble.
- c) _____ When you get a perfect score on your English exam and you can't stop smiling!
- d) _____ When your ice cream falls to the ground and you feel like crying.
- e) _____ When someone takes your favorite book without asking and your face turns red.

2 MATCH THE BOXES (Unir los recuadros)

Español: Une con una línea de color el recuadro de la situación con el sentimiento de larga duración correcto.

English: Match the situations in the left box with the correct long-lasting sentiment in the right box by drawing colored lines.

SITUATIONS

1. You love spending time, laughing, and sharing secrets with your best classmates.
2. You feel completely safe and believe in your own skills to pass any challenges.
3. You care deeply about your family and friends, and always wish the best for them.
4. You see your classmate with a brand new smartphone and feel a little bit green inside.



SENTIMENTS

JEALOUSY

LOVE

CONFIDENCE

FRIENDSHIP

3 SHORT ANSWER QUESTIONS (Respuesta corta y libre)

Español: Responde libremente en inglés usando tus propias palabras. ¡Sé creativo/a!

English: Answer the following questions freely in English. Use full or short sentences.

1. Think about your favorite hobby (playing video games, dancing, football). How do you feel when you practice it and why?

2. Remember that emotions are fast but sentiments last longer. Can you name one thing that gives you a long-lasting sentiment of "Happiness"?

3. Imagine a friend is feeling very "Sad" 😞 today. What is one nice thing you can say or do in English to make them feel better?

✨ Great job! You are becoming an expert in understanding your feelings! ✨