1 How do we express feelings?

Name: _____ Class: _____

1 Choose the correct words to complete the sentences.

_____ / 5

nervous annoyed embarrassed relieved shy upset

a Mom felt *relieved* when she found her keys in her bag.

b Paolo was very _____ when he fell on the stage in front of so many people.

c Dad was really _____ when someone hit his car and drove away.

d I always feel _____ before an exam.

e Bernita was so _____ after her piano test that she cried.

f My brother is very _____ and rarely talks to new people.

2 Match the words and the definitions.

_____ / 5

1 sweat	a when we put our arms around someone to show them we care for them
2 proud	b when we say sorry for something we have done
3 hug	c our body does this when it is hot
4 apologize	d we feel like this when we have done something good
5 lost	e we feel like this when we don't know what to do
6 frustrated	f when we don't know where we are

LIVEWORKSHEETS

3 **Complete the sentences with the past progressive or the past simple form of the verbs in parentheses.**

_____ / 5



a While Jim *was making* (make) a pizza, he felt very happy.

b Helen was drawing while her brother _____ (watch) her.

c While we _____ (run) in the park, the dog started barking.

d Anne _____ (feel) very proud while her Dad was giving a speech.

e Joe _____ (read) a book while he lay on the sofa.

f We _____ (fall) asleep while we were watching a boring film.

4 **Read and circle the correct words.**

_____ / 5

a If it (*snows*) / *will snow* tomorrow, we won't go to school.

b I *will help* / *help* you if you have trouble with the project.

c If you *are late* / *will late*, you won't see the beginning of the film.

d You will make her angry if you *take* / *will take* her bike without asking.

e If I don't get a good report, Mom *won't let* / *doesn't let* me go to the concert.

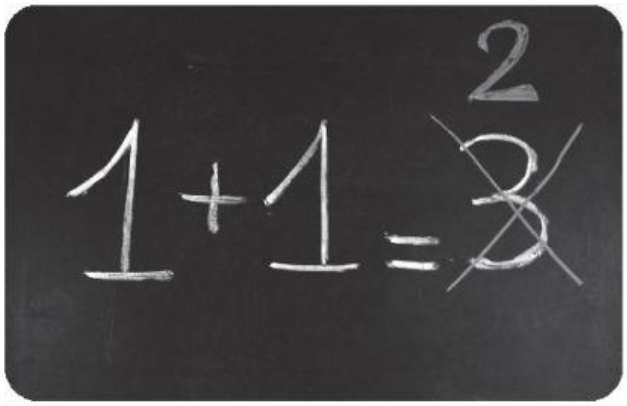
f You *will feel* / *feel* calm if you take deep breaths.

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5 **Read and complete with the *-ed* or *-ing* forms of the words in parentheses.**

_____ / 5



a The book I am reading is very *exciting* (excite).

b I am more _____ (interest) in science than in math.

c Mary thought the new history teacher was _____ (bore).

d When I saw a mouse under my bed, I felt _____ (frighten).

e Sam thinks classical music is _____ (relax).

f Vera was very _____ (tire) after cleaning her room all morning.

6 **How is the sound *ei* spelled? Read and write the words in the correct columns in the chart.**

_____ / 3



eight stay weight great sleigh steak email explain

ai	ay	ei	ea
email		*eight*	

LIVEWORKSHEETS

7 Read the text and circle *T* (true) or *F* (false).

_____ / 4



What Are Endorphins?

Scientists say that exercise can cure many problems, and help you feel better and more relaxed. But why do they say this? One reason is that the brain produces chemicals that make you feel happier when you exercise. These chemicals are called *endorphins*.

When you exercise, your brain thinks you are under stress so it sends endorphins to your body and brain, helping your body feel more alive. Endorphins help clear the mind of many negative feelings and make us feel happier and more positive.

This doesn't mean we need to become athletes to be happier and work better. We only need about 20 minutes of exercise a day, and you can start by doing five minutes at different times of the day. If you also eat healthy food, you will become smarter and fitter.

a Exercise cures everything. T (F)

b Endorphins make us feel happier. T F

c Exercise makes the brain think we are relaxed. T F

d Many negative feelings go away when we exercise. T F

e We only need five minutes of exercise a day. T F

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8 **Choose an emotion. Then, write an acrostic poem about it.**

_____ / 5

Remember

- Use an *-ed* adjective.
- Use an *-ing* adjective.
- Check the spelling of your emotion word.

9 **Listen. Which sentences are correct? Mark ✓ or ✗.**

_____ / 3

a Paola is feeling terrible. ___✓___

b Paola is very strict in class. _____

c Adam was proud of Paola last year. _____

d Paola will be relieved if she talks to her parents and teacher. _____

10 **Imagine your partner has the following problems. Give advice.**

_____ / 10

- Their best friend has stopped speaking to them.
- They are moving to a new neighborhood and changing schools.
- They aren't doing well in their exams.
- They always fight with their brothers or sisters.

Key Language

- What's wrong?
- Why are you feeling (sad)?
- Can you talk to …?
- Why don't you …?
- You should …

Final Grade: _____ / 50

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