

ADJECTIVES: MOODS AND FEELINGS

Write the words from the box next to their meanings.

amazed brave confused disappointed embarrassed
exhausted grateful hopeful proud relaxed scared stressed

- 1 extremely surprised _____
- 2 feeling very pleased about something you have done _____
- 3 showing thanks for something _____
- 4 not able to think clearly or to understand something _____
- 5 thinking something positive will happen _____
- 6 unhappy because someone or something was not as good as you hoped _____
- 7 very tired _____
- 8 not frightened in dangerous or difficult situations _____
- 9 feeling happy because nothing is worrying you _____
- 10 frightened something bad will happen _____
- 11 worried and not able to relax _____
- 12 feeling ashamed or shy _____

Choose the two words that best describe the people in each situation.

- 1 Emma usually gets the best marks in class and she will be very surprised if she isn't top of the class again. She's never worried before an exam.
a amazed b scared c relaxed
- 2 Mrs Paderewski has worked many hours recently. She bought a new computer and she went on an expensive holiday, but now she feels worried and can't relax.
a embarrassed b exhausted c stressed
- 3 Jackson is very pleased that his team played so well and they won the match. He is unhappy that he didn't score a goal though.
a grateful b proud c disappointed
- 4 We sometimes do quizzes at home and I don't always know the answers to even simple questions. My face goes red! Last night we played and there was so much noise I couldn't think properly.
a embarrassed b hopeful c confused
- 5 Jan has passed all his exams and now feels happy and calm. His parents are very pleased, too, and have organised a big party at their house.
a proud b relaxed c brave

Write 5 sentences with the adjectives from the box. There is one adjective you don't need.

amazed confused disappointed
embarrassed exhausted
grateful hopeful proud
relaxed scared stressed

- 1 Danny is _____ that he won't pass the exam – he hasn't studied very hard.
- 2 I don't understand what you're saying – I'm _____.
- 3 Alison didn't get what she wanted for her birthday. She's a bit _____.
- 4 Jack does yoga because it makes him feel _____.
- 5 I'm so _____ of our school – we won the competition.
- 6 I don't know how I got 100% in my maths exam. I'm _____!
- 7 Pedro felt _____ when he had to speak in front of the whole class.
- 8 Eva is _____ that she will win the swimming race.
- 9 I've been running for half an hour and now I feel completely _____!
- 10 Carol is feeling _____ because she has a test tomorrow and she's working hard.