



### Lesson 2. Pleasant and unpleasant feelings.

Task 1. Drag the words into the correct column. Sort them one by one, starting with “content”, then “contended” etc.

content contented discontented delighted depressed enthusiastic fed up with  
 sick and tired frustrated furious cross grateful thankful inspired miserable thrilled a  
 bit down/blue something makes your day to be floating/walking on air  
 to get jitters to be over the moon

Positive feelings	Negative feelings

Task 2. Rewrite the words in bold using words from A and B opposite.

- After watching the nature programme, I felt **stimulated** \_\_\_\_\_ to become a zoologist.
- I always get a feeling of **negative excitement** \_\_\_\_\_ just before an exam.
- I was **extremely angry** \_\_\_\_\_ when they refused to give me my money back.
- I was **very excited and pleased** \_\_\_\_\_ to see my old school friend again after so long.
- The news about Rory's illness really made me feel **unhappy** \_\_\_\_\_.
- At first, I was **full of positive feelings** \_\_\_\_\_ about the course, but it's just not very good.



**Task 3.** Fill the gaps using the adjectives in the box below. Choose a correct adverb (*absolutely*, *quite* or *a bit*) to go in front of the adjective, both are possible.

contented    sick and tired    anxious    thrilled    frustrated    confused

1. I was feeling (quite / absolutely) \_\_\_\_\_ because she had not phoned to say she had arrived safely.

2. I am (quite / absolutely) \_\_\_\_\_ of her selfish behaviour. I've had enough!

3. It's all so complicated. I feel (a bit / quite) \_\_\_\_\_. Can you help me?

4. I was (absolutely / a bit) \_\_\_\_\_ when I heard the wonderful news!

5. It made me feel (quite / a bit) \_\_\_\_\_ that I still couldn't play any songs after six weeks of guitar lessons.

6. You always seem so (absolutely / quite) \_\_\_\_\_ with life. How lucky you are!

**Task 4.** Put the below verbs into the Present Simple or Present Progressive tense.

1. I (not/know) \_\_\_\_\_ the answer. *Example. I don't know the answer.*

2. The child (look) \_\_\_\_\_ at the TV now.

3. This cake (taste) \_\_\_\_\_ delicious.

4. My father (not/own) \_\_\_\_\_ a car.

5. I (wear) \_\_\_\_\_ a blue sweater today.

6. Jane (seem) \_\_\_\_\_ a little angry today.

7. People (do) \_\_\_\_\_ yoga in the park across the street right now.

8. Chan (think) \_\_\_\_\_ that English is easy.

9. Lily (love) \_\_\_\_\_ my brother now.

10. My sister (not/talk) \_\_\_\_\_ on the phone at the moment.

**Task 5.** Writing practice. Choose 4 adjectives from this lesson which describe feelings you have had recently, write sentences about when and why you felt so.

