

# 100 EMOTIONAL ADJECTIVES WORKBOOK

(WITH ANSWER SHEET)



DELIGHTED



FRISKY



FASCINATED



ANNOYED



PHOBIC



DEPRESSED



MELANCHOLIC



APATHETIC



CHIPPER

ONLINE & OFFLINE CREATIVE WRITING  
TRIAL CLASSES AVAILABLE



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## Beginner Exercise 1

No.	word/phrase	meaning
1	<b>elated</b>	extremely happy, over the moon
2	<b>vexed</b>	Annoyed
3	<b>sulky</b>	Pouting because you did not get what you want
4	<b>jittery</b>	Shaking uncontrollably due to nervousness
5	<b>tranquil</b>	Peaceful



## Beginner Exercise 1

elated	vexed	sulking
jittery	tranquil	

1. Johnathan was \_\_\_\_\_ when he won first prize. A smile spread across his face and he delightfully pumped his fist in the air
2. The beautiful waves in the sea calmed Joanne down. She felt \_\_\_\_\_ as she relaxed on the sand.
3. I felt \_\_\_\_\_ at my brother who was annoying me by mimicking my actions. My face turned crimson red as I waved my fist angrily at him.
4. Pouting her lips, my little sister kept \_\_\_\_\_ until my father bought her the toy she wanted.
5. The eerie abandoned house made me feel \_\_\_\_\_. A chill ran down my spine as I trembled with fear.



## Beginner Exercise 2

No	word/phrase	meaning
1	<b>Fascinated</b>	Admire or engrossed by something
2	<b>Displeased</b>	Not contented
3	<b>Depressed</b>	Long term sadness you can't shake off
4	<b>Fidgety</b>	Moving parts of your body due to nervousness
5	<b>Ecstatic</b>	If you are ecstatic, you feel very happy and full of excitement.



## Beginner Exercise 2

fascination	displeased	depressed
fidgety	ecstatic	

1. My mother was \_\_\_\_\_ that I had failed my examination.
2. \_\_\_\_\_ overcame me as I stepped into the humongous castle.  
It was bigger than I imagined it to be! My mouth was agape with wonder.
3. Mr. Lou became \_\_\_\_\_ after the death of his wife. His eyes were vacant and he was reduced to a shell of who he used to be.
4. Shelley was \_\_\_\_\_ to know she had won a million dollars. She twirled around in delight and pumped her fist in the air.
5. Joanne paced around nervously, waiting for her examination results. She could not stand still and felt \_\_\_\_\_ with each passing minute.



## Beginner Exercise 3

No	word/phrase	meaning
1	<b>Furious</b>	Extreme anger
2	<b>Nostalgic</b>	Feeling low thinking of happier times
3	<b>Petrified</b>	So scared you can't move
4	<b>Upbeat</b>	Cheerful or optimistic
5	<b>Apathetic</b>	Uninterested





## Beginner Exercise 3

furious	petrified	upbeat
nostalgic	apathetic	

1. Dad was \_\_\_\_\_ when he found out I broke his favourite watch. His face was crimson red and he narrowed his eyes at me.
2. Face turning as pale as a sheet, Jaden was so \_\_\_\_\_ that he was as still as a statue.
3. Yu Xiang feels \_\_\_\_\_ whenever he passes by his old neighbourhood. He misses playing with his old friends.
4. Janet was in a cheerful mood and feeling \_\_\_\_\_. A smile plastered across her face.
5. Jane was \_\_\_\_\_ about completing her schoolwork. Due to that, she she did not graduate in time.



## Beginner Exercise 4

No	word/phrase	meaning
1	<b>famished</b>	very hungry
2	<b>lonely</b>	Feeling alone like you have no friends
3	<b>hesitant</b>	Feeling scared to make a move due to distrust
4	<b>chipper</b>	Cheerful and lively
5	<b>peeved</b>	Feeling frustrated





## Beginner Exercise 4

chipper	famished	hesitant
peevied	lonely	

1. She was a bag of bones. Malnourished, she could barely lift a finger. Her eyes lit up upon seeing a plate of food. She was feeling \_\_\_\_\_.
2. Greg was feeling \_\_\_\_\_. He had no friends.
3. Melissa was \_\_\_\_\_ to take up the offer. The deal raised her suspicions.
4. After having a great day at work, Martha was \_\_\_\_\_ and in a happy mood.
5. Gritting his teeth, James was \_\_\_\_\_ at Mary for leaving the dirty dishes at the sink. He was frustrated by her behaviour.

