



how emotional are you?

1 Which nouns express the emotions below?

EMOTIONS	NOUNS
AFRAID	
HAPPY	
ANGRY	
JEALOUS	
SAD	

2 Match the feelings with the definitions 1-6.

bored confident disappointed embarrassed
grateful nervous

- 1 feeling or showing thanks *grateful*
- 2 unhappy because something wasn't as good as you hoped, or didn't happen
- 3 worried about something that will or might happen
- 4 sure that you can do something well
- 5 feeling ashamed or shy
- 6 unhappy because something isn't interesting or you've got nothing to do

3 Choose the correct option.

- 1 The team was *cheerful* / *disappointed* when they lost the match by one point.
- 2 I was *jealous* / *embarrassed* when my brother got a new tennis racket and I didn't.
- 3 Isabelle never lends me anything, not even a pencil! She's so *serious* / *mean*.
- 4 Callum always sleeps with the light on, otherwise he feels *afraid* / *miserable* that something bad will happen.
- 5 I felt so *embarrassed* / *strange* when I forgot the words I had to say in the play.
- 6 I'm very *fond* / *bored* of my great-aunt Lily. She's so kind.

ADJECTIVES WITH -ED OR -ING

4 Complete the sentences with the correct form of the words in brackets.

1 (bore)

- a The long train journey was.....
- b Sean was..... because he had nothing to do.

2 (embarrass)

- a It was really..... when I fell over in the street.
- b I felt..... because I wore the wrong clothes to the party.

3 (relax)

- a Sitting on the beach with a good book is.....
- b I feel..... when I listen to music.

4 (excite)

- a My friends are..... about the skiing trip.
- b The action film was really.....

5 (amuse)

- a Rachel laughed because the video clip was very.....
- b My grandfather was..... when he heard the joke.