

## Feelings &amp; Emotions

## 1 Fill in the gaps with the words below:

- thrilled • frightened • happy • surprised
- sad • tired • bored • nervous



1 He feels .....



2 He feels .....



3 He feels .....



4 He feels .....



5 He feels .....



6 He feels .....



7 He feels .....



8 He feels .....

## 2 Circle the correct word.

- Tom is **bored** / **thrilled** with his new clothes – he really likes them.
- Mary feels very **tired** / **surprised** because she can't sleep well.
- Jeff is **frightened** / **sad** because he can't go to the basketball game.
- Daniel is **happy** / **nervous** because it's his birthday tomorrow.
- My sister is **tired** / **frightened** of the dark and she sleeps with the light on.
- Helen feels **bored** / **nervous** about her Maths exam tomorrow.

## 3 Write P (positive), N (negative) or B (both) next to the adjectives below. Then, fill in the gaps.

- |                    |                  |
|--------------------|------------------|
| 1 surprised .....  | 5 thrilled ..... |
| 2 frightened ..... | 6 tired .....    |
| 3 happy .....      | 7 nervous .....  |
| 4 sad .....        | 8 bored .....    |

- A He can't find his cat. He feels \_\_\_\_\_.
- B There's nothing to do. I feel \_\_\_\_\_.
- C She screams when she sees a spider. She feels \_\_\_\_\_.

4 Find the feelings in the puzzle below: *tired, sad, nervous, happy, thrilled, surprised.*

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| V | O | I | A | B | O | C | H | V | L |
| N | T | H | R | I | L | L | E | D | B |
| B | S | U | R | P | R | I | S | E | D |
| N | E | R | V | O | U | S | H | V | T |
| I | V | R | Z | L | G | L | V | T | R |
| T | I | R | E | D | P | S | S | V | U |
| B | R | I | J | R | J | Y | A | U | R |
| T | F | F | U | H | M | Q | D | A | V |
| M | R | V | Y | Y | G | T | S | X | I |
| L | S | D | H | A | P | P | Y | M | K |

## 5 Complete these sentences about yourself.

- I feel bored when .....
- I feel frightened when .....
- I am happy when .....
- I am thrilled when .....
- I feel nervous when .....