

1 Read the moods and feeling adjectives and complete the adjectives with a similar meaning.

- 1 surprised *amazed*.....
- 2 tired e.....
- 3 worried s.....
- 4 thankful g.....
- 5 frightened s.....
- 6 calm r.....
- 7 upset d.....
- 8 uncomfortable e.....

2 Decide if the adjectives in the box have a positive or a negative meaning.

~~brave~~ confused disappointed embarrassed
hopeful proud relaxed stressed

Positive	Negative
<i>brave</i>	

3 Complete the sentences with suitable adjectives from the box.

amazed confused disappointed exhausted
grateful hopeful proud ~~stressed~~

- 1 Liam is*stressed*..... about his science exam.
- 2 I've entered a TV talent show, and I'm really that I'll be selected for my singing skills.
- 3 Sadie is that her friends put off the party. She was really looking forward to it.
- 4 We're that our team won the match. Now we're through to the final!
- 5 Can you help me with this maths question? I'm totally by it.
- 6 Kit felt so to win first prize in the writing competition.
- 7 I was so when my history teacher gave me a lift to school after the bus broke down.
- 8 We were after the 12-hour flight from Hong Kong.

4 Complete the sentences with the **-ed** or **-ing** form of the words in brackets.

- 1 I didn't enjoy the film. It was really*disappointing*..... . (disappoint)
- 2 Toby was when he fell over in the school corridor. (embarrass)
- 3 We find Melissa so We've decided not to hang out with her anymore. (annoy)
- 4 My new Saturday job is pretty I'm always exhausted in the evening! (tire)
- 5 I'm of tennis. I'd like to try something new and exciting instead, like surfing. (bore)
- 6 Mum feels really after a day at the spa. (relax)

5 Complete the sentences with the **-ed** or **-ing** form of the adjective in brackets. Then write a sentence with the other form of the adjective so that it has the same meaning.

- 1 Nicky feels*tired*..... . (tire)
.....*Nicky's had a really tiring day.*
- 2 Our exam results were (disappoint)
.....
- 3 I'm so by these instructions. (confuse)
.....
- 4 I'm by my little brother. (embarrass)
.....
- 5 I find Mikey pretty these days. (bore)
.....

6 Read the texts. Cross out the unsuitable adjectives 1–6 and replace them with more suitable adjectives formed from the words in the box.

annoy exhaust ~~grate~~ hope relax stress

How are you feeling?

I'm so (1) ~~disappointed~~*grateful*..... my exams are over! I feel pretty (2) stressed after them, but now I can look forward to a (3) boring summer holiday. **Paul**

I've just started at a new school and I feel a bit (4) proud by it all. I'm (5) scared I can make some friends soon, but so far the girls I've met are quite (6) brave and unfriendly. **Trudie**