

1 Match the moods and feelings adjectives (1–8) to those that have similar meanings (A–H).

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|-----------------|----------------|
| 1 surprised | A scared |
| 2 tired | B grateful |
| 3 worried | C amazed |
| 4 thankful | D embarrassed |
| 5 frightened | E exhausted |
| 6 calm | F stressed |
| 7 upset | G relaxed |
| 8 uncomfortable | H disappointed |

2 Circle the adjective that doesn't belong, and decide if it is P (positive) or N (negative).

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|----------------|----------|--------------|-------|
| 1 disappointed | brave | confused | P |
| 2 hopeful | proud | stressed | |
| 3 relaxed | confused | disappointed | |
| 4 embarrassed | grateful | scared | |
| 5 amazed | scared | brave | |

3 Complete the adjectives in the sentences.

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

4 Circle the correct adjectives.

- I didn't enjoy the film. It was really *disappointed* / *disappointing*.
- Toby was *embarrassing* / *embarrassed* when he fell over in the school corridor.
- We find Melissa so *annoying* / *annoyed*. We've decided not to hang out with her anymore.
- My new Saturday job is pretty *tired* / *tiring*. I'm always exhausted in the evening!
- I'm *bored* / *boring* of tennis. I think I might try something new and exciting instead, like surfing.
- Mum feels really *relaxing* / *relaxed* after a day at the spa.

5 Complete the sentences with the correct adjectives in brackets.

- Nicky feels tired. She's had a really tiring day. (tired / tiring)
- The exam results were, Our teacher said she was very with us. (disappointed / disappointing)
- I'm so by what I'm supposed to do to set up my new phone. Why are instructions always so? (confused / confusing)
- My little brother can be really He me so much when he danced in front of my friends! (embarrassed / embarrassing)
- I find Mikey pretty these days since he became obsessed with his new video game. I'm of his company! (bored / boring)

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

annoying	exhausted	grateful	hopeful
relaxing	stressed		

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