# EMOTIONS & FEELINGS

*An Educational Infographic & Vocabulary Guide for 1st Year Secondary Students*

## HAPPINESS



A positive feeling of joy, satisfaction, and inner contentment. It makes your body feel energized and brings a smile to your face.

***Example:*** *"I feel happy when I play video games with my best friends."*

## SADNESS



An unhappy emotion often caused by loss, disappointment, or sorrow. It is normal to cry or want some quiet time alone.

***Example:*** *"He felt sad when his pet dog became sick."*

## ANGER



A strong, powerful emotion of extreme displeasure or frustration. It happens when things feel unfair or completely wrong.

***Example:*** *"She was angry because her brother broke her favorite headphones."*

## FEAR



The feeling you get when you are scared or sense danger. Your heart beats much faster to help you stay safe or run away.

***Example:*** *"They felt fear walking through the dark forest at night."*

## SURPRISE



A brief, sudden feeling caused by something completely unexpected or astonishing. It opens your eyes wide!

***Example:*** *"I felt total surprise when my family threw me an unexpected party."*

## DISGUST



A strong feeling of dislike, revolt, or aversion toward something that smells, tastes, or looks unpleasant and nasty.

***Example:*** *"He made a face of disgust when he smelled the rotten milk."*

LIVEWORKSHEETS

# STUDENT EXERCISES: EMOTIONS & FEELINGS

**Student Name:** _____ **Grade:** 1st Secondary **Date:** _____

## Activity 1: Fill in the Blanks (Drag & Drop Menu)

*"Drag" the correct words from the interactive menu box below and write them into the blanks.*

Anger | Sadness | Surprise | Fear | Happiness

1. When I get an unexpected high grade on a difficult test, my first emotion is _____.
2. Running away from a big, aggressive dog causes a feeling of intense _____.
3. Winning a soccer tournament brings immense joy and _____ to the whole team.
4. Saying goodbye to a good friend who is moving away creates a sense of _____.

## Activity 2: Short Answer Questions (Free Expression)

*Answer the following questions freely in English using your own words and complete sentences.*

1. What makes you feel exceptionally happy during the school week? Why?

2. Describe a specific situation that causes you to feel anger or frustration.

## Activity 3: Match the Situations (Box Layout)

*Draw a straight line to connect the situation box on the left to the corresponding response box on the right.*

| | |
|---|---|
| A person steps on your new clean white shoes on purpose. | **You feel intense FEAR / NERVOUSNESS.** |
| You have to speak in front of 200 students in the auditorium. | **You feel deep DISGUST.** |
| You accidentally find a worm inside your fresh apple salad. | **You react with ANGER.** |

LIVEWORKSHEETS