Feelings and Emotions – Worksheet 1

Name: Class: Date: Score: / 40

Do this worksheet online and check your answers instantly

Exercise 1: How do they feel?

Read each situation and choose the best feeling from the box. There are two extra words.

Example: Max lost his favourite toy and he is crying. → sad

WORD BOX

angry bored lonely nervous proud scared tired relaxed surprised

1. Tom has a big exam tomorrow and he can't sleep. → _____
2. Lena is alone at home all weekend. She has nobody to talk to. → _____
3. Sam has nothing to do. He is just watching the rain. → _____
4. Ana's little brother broke her new phone. → _____
5. Ben worked for twelve hours today. → _____
6. There is a big spider on Carla's bed! → _____
7. Leo's son won a prize at school. → _____

Exercise 2: -ed or -ing?

Use the word in capitals to form the correct adjective (-ed or -ing).

Example: The book was really ___ . I read it in one day. (INTEREST) → interesting

8. This film is very long and nothing happens. It's _____ . (BORE)
9. I'm _____ in history. I read lots of books about it. (INTEREST)
10. We're going to the beach tomorrow! The children are very _____ . (EXCITE)
11. The walk up the mountain was really _____ . We needed a long rest. (TIRE)
12. I was so _____ when I fell over in front of the whole class. (EMBARRASS)
13. I was _____ when I saw my test result. I got 100%! (AMAZE)
14. A hot bath is very _____ after a long day. (RELAX)

Exercise 3: Feelings and prepositions

Complete each sentence with the correct preposition.

Example: Are you good ___ maths? → at

15. My little sister is afraid _____ the dark.

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16. Are you still angry _____ me?
17. Mum is worried _____ her exam results.
18. I'm really proud _____ you!
19. Jack isn't interested _____ football.
20. We're very excited _____ our holiday in Spain.

Exercise 4: Find the mistake

Each sentence has one mistake. Write the correct sentence.

Example: I'm interesting in music. → I'm interested in music.

21. I'm very boring in this lesson.

22. She is afraid from dogs.

23. The football match was very excited.

24. He feels very happily today.

25. They are interested on art.

26. I am worry about my grandmother.

Exercise 5: Make sentences

Put the words in the correct order to make sentences.

Example: happy / I / today / feel → I feel happy today.

27. feel / I / today / tired / very

28. of / is / spiders / scared / my brother

29. made / the news / happy / me / very

30. nervous / she / gets / before / always / exams

31. looks / Paul / today / bored / really

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32. lonely / never / I / feel / with my dog

Exercise 6: My first week at a new school

Complete Lucy's story with words from the box. Use each word once. There are two extra words.

WORD BOX

excited **nervous** **lonely** **relaxed** **embarrassed** **proud** **surprised** **worried** **bored** **angry**

33. I started at my new school last week. On the first morning I was very _____ and my hands were shaking.
34. I didn't know anyone, so at lunch I felt a bit _____ .
35. Then a girl called Rosa sat next to me. I was _____ because she spoke to me in my language!
36. In the afternoon I dropped my food in front of everyone. I was so _____ ! My face went red.
37. My mum was _____ when I didn't answer my phone. She thought something bad had happened.
38. On Friday I got the best mark in the English test. My dad said he was very _____ of me.
39. Now it's the weekend and I'm lying in the garden. I feel calm and _____ .
40. Next week we're going on a school trip to the zoo. I'm really _____ about it!

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Answer key – Feelings and Emotions – Worksheet 1

Exercise 1: How do they feel?

1. **nervous**
   We feel nervous before something important or difficult.
2. **lonely**
   Lonely means sad because you are alone.
3. **bored**
   We feel bored when there is nothing interesting to do.
4. **angry**
   When someone breaks your things, you feel angry.
5. **tired**
   After a lot of work we feel tired.
6. **scared**
   Scared means afraid.
7. **proud**
   We feel proud when someone we love does something good.

Exercise 2: -ed or -ing?

8. **boring**
   -ing describes the thing that causes the feeling: the film.
9. **interested**
   -ed describes how a person feels.
10. **excited**
    The children feel the emotion, so we use -ed.
11. **tiring**
    The walk causes the feeling, so we use -ing.
12. **embarrassed**
    The person feels the emotion, so we use -ed.
13. **amazed**
    The speaker feels the emotion, so we use -ed.
14. **relaxing**
    The bath causes the feeling, so we use -ing.

Exercise 3: Feelings and prepositions

15. **of**
    We say afraid of something.
16. **with**
    We use 'angry with' or 'angry at' before a person, so both 'Are you still angry with me?' and 'Are you still angry at me?' are correct.
17. **about**
    We say worried about something.
18. **of**
    We say proud of someone.
19. **in**
    We say interested in something.
20. **about**
    We say excited about something.

Exercise 4: Find the mistake

21. **I'm very bored in this lesson.**
    The person feels the emotion, so use bored, not boring.
22. **She is afraid of dogs.**
    The correct preposition is afraid of.
23. **The football match was very exciting.**
    The match causes the feeling, so use exciting.
24. **He feels very happy today.**
    After feel we use an adjective, not an adverb.
25. **They are interested in art.**
    The correct preposition is interested in.
26. **I am worried about my grandmother.**
    After be we need the adjective worried, not the verb worry.

Exercise 5: Make sentences

27. **I feel very tired today.**
    Subject + feel + very + adjective.
28. **My brother is scared of spiders.**
    We say scared of something.
29. **The news made me very happy.**
    The pattern is make + person + adjective.
30. **She always gets nervous before exams.**
    Always goes before the main verb gets; get + adjective describes a change of feeling.
31. **Paul looks really bored today.**
    Look + adjective describes how someone seems.
32. **I never feel lonely with my dog.**
    Never goes before the main verb feel.

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Exercise 6: My first week at a new school

33. **nervous**
    Shaking hands before something new show that you are nervous.
34. **lonely**
    She was alone and didn't know anyone, so she felt lonely.
35. **surprised**
    She didn't expect it, so she was surprised.
36. **embarrassed**
    A red face after a mistake in front of people shows embarrassment.
37. **worried**
    She thought something bad had happened, so she was worried.
38. **proud**
    We say proud of someone who does something well.
39. **relaxed**
    Calm and relaxed have a similar meaning.
40. **excited**
    We say excited about something good in the future.

Notes for teachers: Start by miming a few feelings and asking learners to guess the adjective before they do Exercise 1. A typical mistake is confusing -ed and -ing adjectives (I'm boring instead of I'm bored), so remind learners that -ed describes how a person feels and -ing describes the thing that causes the feeling. Learners also often use the wrong preposition (afraid from, interested on). As a follow-up, ask learners to write five sentences about when they felt nervous, proud, bored, excited and embarrassed.

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