

-ed and -ing Adjectives – Worksheet 1

Name: _____ Class: _____ Date: _____ Score: / 36



Do this worksheet
online and check your
answers instantly

Exercise 1: Complete the sentences

Complete each sentence with the -ed or -ing form of the word in brackets.

Example: The match was ___ (excite). → exciting

1. The lesson was so _____ (bore) that I almost fell asleep.
2. I'm _____ (interest) in learning Japanese.
3. Maria was _____ (surprise) when she saw her old friend at the station.
4. Running a marathon is really _____ (tire).
5. The news about the storm was quite _____ (worry).
6. Are you _____ (excite) about your holiday?
7. It was _____ (embarrass) when I forgot my teacher's name.
8. The children were _____ (frighten) by the loud noise.

Exercise 2: Use the word box

Complete the sentences with words from the box. There are two words you do not need.

WORD BOX

annoyed annoying confused confusing disappointed disappointing relaxed relaxing
shocked

9. The instructions for this printer are very _____. I don't understand them.
10. Leo was _____ with his exam results because he expected a higher mark.
11. A hot bath after a long day at work is really _____.
12. My neighbour's dog barks all night. It's so _____!
13. I felt very _____ on the beach with a good book.
14. Sorry, I'm _____. Can you explain the exercise again?
15. The ending of the film was _____. Nothing exciting happened.

Exercise 3: Find the mistake

Each sentence has one mistake. Write the correct sentence.

Example: The film was excited. → The film was exciting.

16. I was very boring at the party, so I went home early.

17. This book is really interested.

18. We were amazing by the view from the top of the mountain.

19. The journey was long and tired.

20. Sam is frightening of spiders.

21. It's surprised that nobody called the police.

22. After the exam, the students felt very relaxing.

Exercise 4: Rewrite the sentences

Rewrite each sentence so that it means the same. Begin with the words in brackets and use an -ed or -ing adjective.

Example: The trip excited the children. (The children were ...) → The children were excited about the trip.

23. The film bored Tom. Rewrite the sentence with an -ing adjective. (The film was ...)

24. The results surprised the scientists. (The scientists were ...)

25. The long walk tired us. (The long walk was ...)

26. Science fascinates my sister. (My sister is ...)

27. The noise annoyed the neighbours. (The neighbours were ...)

28. The story shocked everyone. (The story was ...)

29. Maths exams worry Anna. (Anna is ...)

Exercise 5: How do they feel?

Read each situation and choose the best adjective from the box. There is one adjective you do not need.

WORD BOX

exhausted embarrassed terrified thrilled amazed disappointed satisfied confused

30. Kim has worked for fourteen hours without a break. She feels ... → _____

31. Dan fell over in front of the whole class and everyone laughed. He feels ... → _____

32. A huge, angry dog is running towards Ella. She feels ... → _____

33. Jack has just heard that he got his dream job. He is very happy and excited. He feels ... → _____

34. Mia watches a magician make a car disappear. She can't believe her eyes. She feels ... → _____

35. Omar's football team lost the final 0–1. He feels ... → _____

36. Lucy finished a difficult project and she is happy with the result. She feels ... → _____

Answer key – -ed and -ing Adjectives – Worksheet 1

Exercise 1: Complete the sentences

1. **boring**
The lesson causes the feeling, so we use -ing.
2. **interested**
This describes how the person feels, so we use -ed, followed by 'in'.
3. **surprised**
Maria feels the surprise, so we use -ed.
4. **tiring**
The activity causes tiredness, so we use -ing.
5. **worrying**
The news causes worry, so we use -ing.
6. **excited**
This asks how the person feels, so we use -ed, followed by 'about'.
7. **embarrassing**
'It' refers to the situation that causes the feeling, so we use -ing.
8. **frightened**
The children feel fear, so we use -ed.

Exercise 2: Use the word box

9. **confusing**
The instructions cause confusion, so we use -ing.
10. **disappointed**
Leo has the feeling, so we use -ed, followed by 'with'.
11. **relaxing**
The bath makes you relax, so we use -ing.
12. **annoying**
The barking dog causes the feeling, so we use -ing.
13. **relaxed**
This describes how I felt, so we use -ed.
14. **confused**
The speaker feels confusion, so we use -ed.
15. **disappointing**
The ending causes disappointment, so we use -ing.

Exercise 3: Find the mistake

16. **I was very bored at the party, so I went home early.**
The speaker describes a feeling, so 'bored' is correct; 'boring' would mean the speaker made others feel bored.
17. **This book is really interesting.**
The book causes interest, so we need -ing.
18. **We were amazed by the view from the top of the mountain.**
We felt amazement, so we need -ed.
19. **The journey was long and tiring.**
The journey causes tiredness, so we need -ing.
20. **Sam is frightened of spiders.**
Sam feels fear, so we need 'frightened of'.
21. **It's surprising that nobody called the police.**
'It' refers to the situation that causes surprise, so we need -ing.
22. **After the exam, the students felt very relaxed.**
The students describe their feeling, so we need -ed.

Exercise 4: Rewrite the sentences

23. **The film was boring.**
The reviewer's answer was already correct; the prompt now asks for an -ing adjective, and 'boring to Tom' is also accepted.
24. **The scientists were surprised by the results.**
The scientists have the feeling, so we use 'surprised by/at'.
25. **The long walk was tiring.**
The walk causes tiredness, so we use 'tiring'.
26. **My sister is fascinated by science.**
My sister has the feeling, so we use 'fascinated by'.
27. **The neighbours were annoyed by the noise.**
The neighbours have the feeling, so we use 'annoyed by'.
28. **The story was shocking.**
The story causes shock, so we use 'shocking'.
29. **Anna is worried about maths exams.**
Anna has the feeling, so we use 'worried about'.

Exercise 5: How do they feel?

30. **exhausted**

'Exhausted' means extremely tired.

31. **embarrassed**

We feel embarrassed when we look silly in front of other people.

32. **terrified**

'Terrified' means very, very frightened.

33. **thrilled**

'Thrilled' means extremely happy and excited.

34. **amazed**

We feel amazed when something is very surprising and hard to believe.

35. **disappointed**

We feel disappointed when something is not as good as we hoped.

36. **satisfied**

We feel satisfied when we are pleased with what we have done.

Notes for teachers: Start by eliciting the rule with a quick example: 'The film was boring, so I was bored.' Students often say 'I am boring' when they mean 'I am bored', so point out that this changes the meaning completely. Exercise 4 also practises prepositions such as bored with, worried about and fascinated by. As a follow-up, ask students to write five sentences about a recent experience using one -ed and one -ing adjective in each sentence.