

FEELINGS & EMOTIONS

Teen English Worksheet • Vocabulary in context • Think → Choose → Explain

WORD BANK

anxious • ashamed • bored • confused • cross • delighted • disappointed • embarrassed • envious • excited • frightened • proud • relieved • shocked • suspicious • upset

1. MATCH THE SITUATION TO THE FEELING

Situation	Visual	What happened?
A	■	You have an important exam tomorrow and you haven't studied yet.
B	■	Your best friend surprises you with a gift you really wanted.
C	■	You say the wrong answer in front of the whole class.
D	■	Your friend gets the phone you have wanted for months.
E	■	You hear a strange noise downstairs at midnight.
F	■	You finally find your lost phone after looking for an hour.
G	■	You read the instructions, but you don't understand what to do.
H	■	Your little brother deletes your game save after you told him not to.

Write the correct adjective next to each letter: A _____ B _____ C _____ D _____ E _____ F _____ G _____ H _____

2. CHOOSE THE BEST FEELING

1. You studied hard and got the highest mark in the class. *proud / suspicious / bored*
2. The concert you were excited about is cancelled. *delighted / disappointed / relieved*
3. You receive a message saying your lost passport has been found. *relieved / envious / confused*
4. You think your friend is hiding something from you. *suspicious / excited / ashamed*
5. Someone tells you a shocking secret about your school. *shocked / bored / proud*
6. You accidentally call your teacher 'Mum' in front of everyone. *embarrassed / delighted / frightened*
7. You have nothing to do all afternoon and every app feels boring. *bored / anxious / delighted*
8. You feel bad because you lied to your parents. *ashamed / excited / cross*

3. WHICH ONE FITS BEST? — MEANING MATTERS

- A. Your team loses the final by one point. → Circle one: disappointed / ashamed
- B. You see your old enemy walking towards you with an angry face. → Circle one: anxious / suspicious
- C. You discover that your friend has secretly planned a birthday party for you. → Circle one: shocked / delighted
- D. Your parents say you can go on the trip after all. → Circle one: relieved / envious
- E. Your brother breaks your headphones after you warned him not to. → Circle one: cross / confused

4. FIX THE SENTENCE

Each sentence uses the wrong adjective. Replace it with a better one.

1. I got 100% in the test, so I felt suspicious.

2. My friends forgot my birthday, so I was delighted.

3. I heard a strange noise behind me and felt proud.

4. The instructions were impossible to understand, so I was frightened.

5. The teacher praised my project, and I felt ashamed.

6. My phone was found after I thought it was gone forever. I was upset.

5. MINI READING: WHAT WAS EVERYONE FEELING?

The School Talent Show

Mina had practised her song for three weeks. Before going on stage, her hands were shaking because she was worried that she would forget the lyrics. She looked at the audience and saw hundreds of eyes watching her. She felt very nervous. Then the music started. Halfway through the song, she forgot one line. For a second, she wanted to run away, but she continued. When she finished, everyone clapped loudly. Mina smiled because she was extremely happy with her performance. Her teacher told her she had done a great job, and Mina felt even better. Later, she found out that she had won first prize. She couldn't believe it!

a) Which adjective describes Mina before she goes on stage? _____

b) How does she feel when she forgets the line? _____

c) Find an adjective that means 'very happy' in the story. _____

d) How does she feel when she wins? _____

e) Underline the sentence that shows she is **proud** or satisfied with what she did.

6. VISUAL CHALLENGE — WHAT'S HAPPENING?

	It's 11:45 p.m. and you have an exam at 8:00 a.m. I feel _____ because _____.
	You win a school competition and your family is watching. I feel _____ because _____.
	Your best friend sends you a message: "I have something unbelievable to tell you!" I feel _____ because _____.
	Everyone starts singing Happy Birthday, but you thought nobody remembered. I feel _____ because _____.

7. WORD POWER — BUILD THE MEANING

anxious → a) very happy b) worried about what might happen c) angry

envious → a) wanting what another person has b) confused c) ashamed

relieved → a) less worried because a problem is over b) frightened c) bored

suspicious → a) believing something may be wrong or dishonest b) delighted c) proud

ashamed → a) feeling bad because you did something wrong b) excited c) shocked

cross → a) angry or annoyed b) surprised c) nervous

8. FINAL CHALLENGE — PERSONAL RESPONSE

Choose **three** adjectives from the word bank. Write about real or imaginary situations. Do not simply write 'I was anxious.' Explain **why**.

1. Feeling: _____ Situation: _____
Why? _____

2. Feeling: _____ Situation: _____
Why? _____

3. Feeling: _____ Situation: _____
Why? _____

PAIR SPEAKING — 60 SECONDS EACH

Tell your partner about a time you felt **excited, embarrassed, disappointed, proud, or relieved**. Your partner must ask one follow-up question: *Why? What happened next? How did you feel afterwards?*