



Feelings – Worksheet

— Vocabulary & Speaking —



Name: _____ Date: _____



1. Choose the feeling

Read each situation. Choose one adjective that best describes the person.

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

1. Ali studied hard, but he got a very low mark.
→ He feels _____.
2. Reza is waiting for his exam results tomorrow.
→ He feels _____.
3. Amir won a competition at school.
→ He feels _____.
4. Sara's friends planned a surprise party for her.
→ She feels _____.
5. You see a huge spider in your bedroom.
→ You feel _____.
6. Your friend tells you a joke, but you don't understand it.
→ You feel _____.
7. You have nothing to do for three hours.
→ You feel _____.
8. You made a silly mistake in front of the whole class.
→ You feel _____.



2. Make it personal

Complete the sentences with your own ideas.

1. I feel excited when _____.
2. I feel anxious when _____.
3. I feel proud when _____.
4. I feel bored when _____.
5. I feel relieved when _____.
6. I feel disappointed when _____.



3. Add a modifying adverb

Use: a bit – a little bit – rather – very – extremely

1. I feel _____ nervous before an exam.
2. I feel _____ excited when I get good news.
3. I feel _____ bored when a class is too long.
4. I feel _____ frightened when I see a snake.
5. I feel _____ proud when I achieve something difficult.

Now write ONE sentence of your own:



4. Situation → Feeling → Reason

Choose two adjectives for each situation and explain why.

Example:

You have an important exam tomorrow.

> I feel rather anxious and a little frightened because the exam is difficult.

- A. You are going to a party where you don't know anyone.
> I feel _____ and _____
because _____.
- B. You get the highest mark in your class.
> I feel _____ and _____
because _____.
- C. Your best friend is angry with you.
> I feel _____ and _____
because _____.
- D. Your teacher says there is no homework today.
> I feel _____ and _____
because _____.



5. What's happening?

Look at each situation and write one sentence about what is happening now and one sentence about how the person feels.

1.



A student is sitting outside the exam room. The exam starts in five minutes.

What is happening?

He is _____

How does he feel?

He feels _____

2.



Two friends are opening their exam results together. They both got excellent marks.

What is happening?

They are _____

How do they feel?

They feel _____



6. Feelings Detective

Read the clues and guess the feeling.

Person A

- His hands are shaking.
- His exam starts in ten minutes.
- He keeps looking at the clock.

He probably feels _____.

Why? _____

Person B

- She is smiling.
- She has just received excellent exam results.
- She is calling her parents.

He/She probably feels _____.

Why? _____

Person C

- He is sitting alone.
- Everyone else is playing a game.
- He keeps looking at his phone.

He probably feels _____.

Why? _____



7. Make your own situations

Write a situation for each feeling. Don't use the same situation as your classmates.

embarrassed: _____

envious: _____

relieved: _____

suspicious: _____

delighted: _____



8. Pair Speaking Challenge

Student A chooses a situation. Student B asks: *How do you feel when...?*

Student A answers using: *I feel _____, but I'm also _____.*

Then change roles.

Situations

- you get a very good exam result
- you have an exam tomorrow
- you see a large spider
- your best friend cancels your plans
- you win a competition
- you arrive late to class
- your parents give you a surprise
- you have nothing to do all afternoon
- someone copies your homework
- you meet a famous person

★ Challenge: Use a modifying adverb in every answer.

Example: *I feel extremely excited, but I'm also a little bit nervous because I've never met a famous person before.*



9. Final Production: My Feelings

Write 5–6 sentences about yourself. Use at least five different feeling adjectives and two modifying adverbs.

I usually feel _____

★ Challenge: Use one sentence with "because" and one sentence with "but".



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