

Sentimientos y emociones en inglés

Nivel: A2

Sentimientos positivos

happy	feliz, contento/a	My sister is happy because she has got a new bike.
excited	emocionado/a, con muchas ganas	We're excited about our trip to the beach.
proud	orgulloso/a	My parents are proud of me.
relaxed	relajado/a	I'm more relaxed on Sundays than on Mondays.
calm	tranquilo/a, en calma	Please stay calm . Everything is OK.
surprised	sorprendido/a	She was surprised because the test was easy.

Sentimientos negativos

sad	triste	He is sad because his best friend is not here.
angry	enojado/a (enfadado/a en España)	My brother is angry because I'm using his phone.
worried	preocupado/a	I'm worried about my English test.
scared	asustado/a, con miedo	I'm scared of big dogs.
nervous	nervioso/a	I'm always nervous before a test.
lonely	solo/a, con sensación de soledad	My grandfather is lonely because he lives alone.
upset	disgustado/a, afectado/a (triste o enojado/a por algo malo)	Anna is upset . Her best friend is angry with her.

Cansado, aburrido, interesado

tired	cansado/a	I'm too tired to cook dinner.
sleepy	con sueño	It's nine o'clock and the baby is sleepy .
bored	aburrido/a (la persona que se aburre)	We are bored because there is nothing to do.
interested	interesado/a	Are you interested in sports?
confused	confundido/a, desorientado/a	I'm confused . Is the class on Monday or on Tuesday?

¿Boring o bored?

boring	aburrido/a (lo que aburre)	This film is boring , so I'm bored.
exciting	emocionante	The football match is more exciting than the film.
interesting	interesante	I think English is an interesting language.

Hablar de sentimientos

feel	sentir, sentirse	I feel happy when I see my friends.
mood	estado de ánimo, humor	My dad's mood is better on Saturdays.
in a good mood	de buen humor	She's in a good mood because it's Friday.
in a bad mood	de mal humor	Don't talk to him now. He's in a bad mood .
How do you feel?	¿Cómo te sientes?	How do you feel today, Tom?

Ejercicio 1: Une los sentimientos

Une cada palabra con su dibujo o su significado.

- happy → _____
- sad → _____
- angry → _____
- tired → _____
- bored → _____
- worried → _____
- excited → _____
- confused → _____

muy feliz por algo bueno que viene pronto necesitas descansar no entiendes no tienes nada interesante que hacer piensas que algo malo puede pasar ☐ ☐ ☐

Ejercicio 2: Elige la palabra correcta

Elige la palabra correcta para cada oración.

- The film is very _____. I want to go home.
a) bored b) boring c) bore
- I'm ____ in music. I play the guitar every day.
a) interested b) interesting c) interests
- She is ____ of dogs. She never goes near them.
a) proud b) scared c) excited
- I'm ____ today than yesterday. I slept ten hours.
a) more relaxed b) most relaxed c) relaxed more
- I can't go out. I'm ____ to walk.
a) too tired b) tired enough c) enough tired
- Dan is in a good mood. He is probably ____.
a) happy b) angry c) sad
- Choose the best answer to 'How do you feel today?'
a) I feel better, thanks. b) I'm from Brazil. c) It's on Friday.

Ejercicio 3: Completa el hueco

Escribe la palabra que falta.

16. I'm ___ because there is nothing to do. (nada interesante que hacer)
17. He is crying. He is ___. (□□ (no está contento))
18. I'm ___ of my daughter. She is the best player in the team. (muy contento por ella)
19. I'm ___ about my holiday! It starts on Saturday. (muy feliz por algo bueno que viene pronto)
20. I'm too tired ___ cook dinner tonight.
21. My brother is not interested ___ sports.
22. Anna is ___ than Paul before an exam. She is not nervous at all. (calm)

Soluciones

Ejercicio 1: Une los sentimientos

1. happy → ☐☐
2. sad → ☐☐
3. angry → ☐☐
4. tired → necesitas descansar
5. bored → no tienes nada interesante que hacer
6. worried → piensas que algo malo puede pasar
7. excited → muy feliz por algo bueno que viene pronto
8. confused → no entiendes

Ejercicio 2: Elige la palabra correcta

9. b) boring
10. a) interested
11. b) scared
12. a) more relaxed
13. a) too tired
14. a) happy
15. a) I feel better, thanks.

Ejercicio 3: Completa el hueco

16. bored
17. sad / upset / unhappy
18. proud
19. excited / happy
20. to
21. in
22. calmer / more calm