

Sentimentos e emoções em inglês

Nível: A2

Nome: _____ Data: _____

Aprenda 26 palavras e expressões para dizer como você se sente: *happy, sad, angry, tired, worried, excited* e mais. Leia cada palavra e o exemplo, e depois faça os exercícios. Lembre: as palavras em *-ed* são usadas para pessoas (*I'm bored*, «estou entediado») e as palavras em *-ing* para coisas (*the film is boring*, «o filme é chato»).

Sentimentos positivos

happy	feliz, contente	My sister is happy because she has got a new bike.
excited	animado/a, empolgado/a	We're excited about our trip to the beach.
proud	orgulhoso/a	My parents are proud of me.
relaxed	relaxado/a	I'm more relaxed on Sundays than on Mondays.
calm	calmo/a, tranquilo/a	Please stay calm . Everything is OK.
surprised	surpreso/a	She was surprised because the test was easy.

Sentimentos negativos

sad	triste	He is sad because his best friend is not here.
angry	com raiva, bravo/a	My brother is angry because I'm using his phone.
worried	preocupado/a	I'm worried about my English test.
scared	assustado/a, com medo	I'm scared of big dogs.
nervous	nervoso/a	I'm always nervous before a test.
lonely	sozinho/a, com sensação de solidão	My grandfather is lonely because he lives alone.
upset	chateado/a, abalado/a (triste ou com raiva por algo ruim)	Anna is upset . Her best friend is angry with her.

Cansado, entediado, interessado

tired	cansado/a	I'm too tired to cook dinner.
sleepy	com sono	It's nine o'clock and the baby is sleepy .
bored	entediado/a (a pessoa que se entedia)	We are bored because there is nothing to do.
interested	interessado/a	Are you interested in sports?
confused	confuso/a, perdido/a	I'm confused . Is the class on Monday or on Tuesday?

Boring ou bored?

boring	chato/a, entediante (o que entedia)	This film is boring , so I'm bored.
exciting	empolgante	The football match is more exciting than the film.
interesting	interessante	I think English is an interesting language.

Falar de sentimentos

feel	sentir, sentir-se	I feel happy when I see my friends.
mood	humor, estado de espírito	My dad's mood is better on Saturdays.
in a good mood	de bom humor	She's in a good mood because it's Friday.
in a bad mood	de mau humor	Don't talk to him now. He's in a bad mood .
How do you feel?	Como você está se sentindo?	How do you feel today, Tom?

Exercício 1: Ligue os sentimentos

Ligue cada palavra ao seu desenho ou ao seu significado.

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

muito feliz por algo bom que vem em breve você acha que algo ruim pode acontecer você não entende você não tem nada interessante para fazer você precisa descansar ☐ ☐ ☐

Exercício 2: Escolha a palavra correta

Escolha a palavra correta para cada frase.

- 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

13. I can't go out. I'm ___ to walk.
a) too tired b) tired enough c) enough tired
14. Dan is in a good mood. He is probably _____.
a) happy b) angry c) sad
15. 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.

Exercício 3: Complete a lacuna

Escreva a palavra que falta.

16. I'm ___ because there is nothing to do. (nada interessante para fazer)
17. He is crying. He is _____. (☹️ (não está contente))
18. I'm ___ of my daughter. She is the best player in the team. (muito contente com ela)
19. I'm ___ about my holiday! It starts on Saturday. (muito feliz por algo bom que vem em breve)
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)

Exercício 4: Choose the Word in the Picture

Look at each picture and choose its English word.

23.  a) excited b) happy c) proud d) relaxed
24.  a) sad b) surprised c) angry d) worried
25.  a) nervous b) lonely c) upset d) tired
26.  a) bored b) interested c) confused d) boring
27.  a) feel b) mood c) interesting d) in a good mood
28.  a) How do you feel? b) happy c) excited d) proud

Gabarito

Exercício 1: Ligue os sentimentos

1. happy → ☐☐
2. sad → ☐☐
3. angry → ☐☐
4. tired → você precisa descansar
5. bored → você não tem nada interessante para fazer
6. worried → você acha que algo ruim pode acontecer
7. excited → muito feliz por algo bom que vem em breve
8. confused → você não entende

Exercício 2: Escolha a palavra correta

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.

Exercício 3: Complete a lacuna

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

Exercício 4: Choose the Word in the Picture

23. b) happy
24. b) surprised
25. a) nervous
26. a) bored
27. c) interesting
28. a) How do you feel?