

Feelings and Emotions in English

Level: A2

Good feelings

happy	😊	My sister is happy because she has got a new bike.
excited	very happy about something good soon	We're excited about our trip to the beach.
proud	happy about something good that you or your family did	My parents are proud of me.
relaxed	calm and not worried	I'm more relaxed on Sundays than on Mondays.
calm	quiet, not angry and not worried	Please stay calm . Everything is OK.
surprised	you did not know about it before	She was surprised because the test was easy.

Bad feelings

sad	😞	He is sad because his best friend is not here.
angry	😡	My brother is angry because I'm using his phone.
worried	you think something bad can happen	I'm worried about my English test.
scared	afraid, you feel fear	I'm scared of big dogs.
nervous	a little afraid before something important	I'm always nervous before a test.
lonely	sad because you are alone	My grandfather is lonely because he lives alone.
upset	sad or angry because of something bad	Anna is upset . Her best friend is angry with her.

Tired, bored, interested

tired	you need to rest	I'm too tired to cook dinner.
sleepy	you want to sleep	It's nine o'clock and the baby is sleepy .
bored	you have nothing interesting to do	We are bored because there is nothing to do.
interested	you want to know more	Are you interested in sports?
confused	you do not understand	I'm confused . Is the class on Monday or on Tuesday?

Boring or bored?

boring	not interesting	This film is boring , so I'm bored.
exciting	it makes you excited	The football match is more exciting than the film.
interesting	it makes you want to know more	I think English is an interesting language.

Talking about feelings

feel	to have a feeling	I feel happy when I see my friends.
mood	how you feel at one time	My dad's mood is better on Saturdays.
in a good mood	happy and friendly today	She's in a good mood because it's Friday.
in a bad mood	unhappy or angry today	Don't talk to him now. He's in a bad mood .
How do you feel?	a question about your feelings	How do you feel today, Tom?

Exercise 1: Match the Feelings

Match each word with its picture or meaning.

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

very happy about something good soon you do not understand you have nothing interesting to do
 you need to rest you think something bad can happen ☐ ☐ ☐

Exercise 2: Choose the Correct Word

Choose the correct word for each sentence.

- 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.

Exercise 3: Fill in the Blank

Type the missing word.

16. I'm ___ because there is nothing to do. (nothing interesting to do)
17. He is crying. He is ___. (☹️ (not happy))
18. I'm ___ of my daughter. She is the best player in the team. (very happy about her)
19. I'm ___ about my holiday! It starts on Saturday. (very happy about something good soon)
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)

Answer key

Exercise 1: Match the Feelings

1. happy → ☐☐
2. sad → ☐☐
3. angry → ☐☐
4. tired → you need to rest
5. bored → you have nothing interesting to do
6. worried → you think something bad can happen
7. excited → very happy about something good soon
8. confused → you do not understand

Exercise 2: Choose the Correct Word

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.

Exercise 3: Fill in the Blank

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