Emotions and moods

VOCABULARY PRACTICE

PRE-INTERMEDIATE | A2-B1

Name: _____ **Date:** _____

1 Match each emotion with its meaning.

1 happy	____	a feeling unhappy because something is wrong
2 sad	____	b peaceful and not nervous
3 angry	____	c pleased and full of positive feelings
4 worried	____	d thinking that something bad may happen
5 excited	____	e annoyed or strongly displeased
6 calm	____	f very interested and looking forward to something
7 surprised	____	g tired of something because it is not interesting
8 bored	____	h feeling something unexpected has happened

2 Complete the emotion expressions.

about | down | good | mood | nervous | proud | sorry | upset

1 feel _____ about yourself

2 be _____ of someone

3 be in a cheerful _____

4 feel _____ before a test

5 be worried _____ a problem

6 feel _____ for someone

7 be _____ by bad news

8 feel _____ after a difficult day

3 Choose the correct word or phrase.

1 She won the match and felt *proud* / *bored*.

2 He is *worried* / *cheerful* about the exam.

3 The quiet music made me feel *calm* / *angry*.

4 I was *surprised* / *tired* by the unexpected gift.

5 Waiting for hours made us *bored* / *excited*.

6 She felt *sad* / *proud* when her friend moved away.

7 He was *angry* / *relaxed* about the unfair decision.

8 Our moods can *change* / *taste* during the day.

Emotions and moods

VOCABULARY PRACTICE

PRE-INTERMEDIATE | A2-B1

4 Complete the diary entry with words from the box.

angry | calm | excited | happy | mood | nervous | proud | relieved

This morning I was in a cheerful **1** _____. I felt **2** _____ because our team had a final match. Before it began, I became **3** _____. Our coach stayed **4** _____. I felt **5** _____ when the other team broke a rule, but we won in the end. I was **6** _____ that the match was over, **7** _____ of my team and very **8** _____.

5 Read the text. Write T (true) or F (false).

Moods can change

An emotion is often a clear response to something that happens. You may feel surprised when you receive unexpected news or angry when someone behaves unfairly. A mood can last longer and may not have one obvious cause. Sleep, exercise, weather and other people can all influence it. Naming a feeling and talking to someone can sometimes help us understand it.

1 An emotion may be a response to an event. T / F

2 Unexpected news can cause surprise. T / F

3 A mood always has one clear cause. T / F

4 Sleep can influence mood. T / F

5 Other people never affect our mood. T / F

6 Talking may help us understand feelings. T / F

6 Rewrite using the word in capitals.

1 The exam made me feel nervous. **ABOUT** _____

2 She was pleased with her achievement. **PROUD** _____

3 He became peaceful after the walk. **CALM** _____

4 The good news made us very happy. **CHEERED** _____

OVER TO YOU

Write **70-90 words** about a day when your mood changed. Explain what happened and how you felt.

[ ] Use at least eight target words. [ ] Use past forms correctly. [ ] Explain the changes clearly.

Emotions and moods

ANSWER KEY

1 Emotions

1 **c** 2 **a** 3 **e** 4 **d** 5 **f** 6 **b** 7 **h** 8 **g**

2 Emotion expressions

1 **good** 2 **proud** 3 **mood** 4 **nervous** 5 **about** 6 **sorry** 7 **upset** 8 **down**

3 Correct choices

1 **proud** 2 **worried** 3 **calm** 4 **surprised**
5 **bored** 6 **sad** 7 **angry** 8 **change**

4 Diary entry

1 **mood** 2 **excited** 3 **nervous** 4 **calm** 5 **angry** 6 **relieved** 7 **proud** 8 **happy**

5 Reading - suggested answers

1 **T** 2 **T** 3 **F** 4 **T** 5 **F** 6 **T**

6 Rewriting - possible answers

1 I was nervous **about** the exam. 2 She was **proud** of her achievement. 3 He felt **calm** after the walk. 4 The good news **cheered** us up.

Over to you: Answers will vary. Check emotion vocabulary, past forms and clear sequence.