

**1** Read the moods and feeling adjectives and complete the adjectives with a similar meaning.

- 1 surprised                      *amazed*.....
- 2 tired                            e.....
- 3 worried                        s.....
- 4 thankful                        g.....
- 5 frightened                    s.....
- 6 calm                             r.....
- 7 upset                            d.....
- 8 uncomfortable                e.....

**2** Decide if the adjectives in the box have a positive or a negative meaning.

brave	confused	disappointed	embarrassed
hopeful	proud	relaxed	stressed

Positive	Negative
<i>brave</i>	

**3** Complete the sentences with suitable adjectives from the box.

amazed	confused	disappointed	exhausted
grateful	hopeful	proud	<del>stressed</del>

- 1 Liam is stressed about his science exam.
- 2 I've entered a TV talent show, and I'm really ..... that I'll be selected for my singing skills.
- 3 Sadie is ..... that her friends put off the party. She was really looking forward to it.
- 4 We're ..... that our team won the match. Now we're through to the final!
- 5 Can you help me with this maths question? I'm totally ..... by it.
- 6 Kit felt so ..... to win first prize in the writing competition.
- 7 I was so ..... when my history teacher gave me a lift to school after the bus broke down.
- 8 We were ..... after the 12-hour flight from Hong Kong.

**4** Complete the sentences with the *-ed* or *-ing* form of the words in brackets.

- 1 I didn't enjoy the film. It was really *disappointing*. (disappoint)
- 2 Toby was ..... when he fell over in the school corridor. (embarrass)
- 3 We find Melissa so ..... . We've decided not to hang out with her anymore. (annoy)
- 4 My new Saturday job is pretty ..... . I'm always exhausted in the evening! (tire)
- 5 I'm ..... of tennis. I'd like to try something new and exciting instead, like surfing. (bore)
- 6 Mum feels really ..... after a day at the spa. (relax)

**5** Complete the sentences with the *-ed* or *-ing* form of the adjective in brackets. Then write a sentence with the other form of the adjective so that it has the same meaning.

- 1 Nicky feels tired. (tire)  
*Nicky's had a really tiring day.*
- 2 Our exam results were ..... (disappoint)  
.....
- 3 I'm so ..... by these instructions. (confuse)  
.....
- 4 I'm ..... by my little brother. (embarrass)  
.....
- 5 I find Mikey pretty ..... these days. (bore)  
.....

**6** Read the texts. Cross out the unsuitable adjectives 1-6 and replace them with more suitable adjectives formed from the words in the box.

annoy	exhaust	<del>grate</del>	hope	relax	stress
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**How are you feeling?**

I'm so <sup>1</sup> ~~disappointed~~ grateful my exams are over! I feel pretty <sup>2</sup> stressed ..... after them, but now I can look forward to a <sup>3</sup> boring ..... summer holiday. **Paul**

I've just started at a new school and I feel a bit <sup>4</sup> proud ..... by it all. I'm <sup>5</sup> scared ..... I can make some friends soon, but so far the girls I've met are quite <sup>6</sup> brave ..... and unfriendly. **Trudie**

### 1

- 1 *amazed*
- 2 *exhausted*
- 3 *stressed*
- 4 *grateful*
- 5 *scared*
- 6 *relaxed*
- 7 *disappointed*
- 8 *embarrassed*

### 2

Positive	Negative
<i>brave</i>	<i>confused</i>
<i>hopeful</i>	<i>disappointed</i>
<i>proud</i>	<i>embarrassed</i>
<i>relaxed</i>	<i>stressed</i>

### 3

- 1 *stressed*
- 2 *hopeful*
- 3 *disappointed*
- 4 *amazed*
- 5 *confused*
- 6 *proud*
- 7 *grateful*
- 8 *exhausted*

### 4

- 1 *disappointing*
- 2 *embarrassed*
- 3 *annoying*
- 4 *tiring*
- 5 *bored*
- 6 *relaxed*

### 5

- 1 *tired*  
*Nicky's had a really tiring day.*
- 2 *disappointing*  
We were disappointed with our exam results.
- 3 *confused*  
These instructions are so confusing.
- 4 *embarrassed*  
My little brother is really embarrassing.
- 5 *boring*  
I'm bored of Mikey these days.

### 6

- 1 *disappointed, grateful*
- 2 *stressed, exhausted*
- 3 *boring, relaxing*
- 4 *proud, stressed*
- 5 *scared, hopeful*
- 6 *brave, annoying*