

Emotions and Feelings

Matching Exercise

Match each item on the left with its correct partner on the right. Write the matching **letter (A–L)** on the line beside each number.

Name _____ Class _____ Date _____ Score _____

1 · Match the pairs

COLUMN 1 · WRITE THE LETTER

1 happy	J e.g.
2 sad	
3 angry	
4 scared	
5 surprised	
6 bored	
7 excited	
8 nervous	
9 proud	
10 jealous	
11 embarrassed	
12 calm	

COLUMN 2 · OPTIONS A–L

A	feeling relaxed and peaceful.
B	feeling amazed because something unexpected happened.
C	feeling self-conscious or ashamed in a social situation.
D	feeling strong annoyance or displeasure.
E	feeling resentful because of another's success.
F	feeling unhappy or sorrowful.
G	feeling anxious or uneasy about something.
H	feeling eager and enthusiastic.
I	feeling frightened or afraid.
J	feeling pleasure or joy.
K	feeling uninterested and weary.
L	feeling pleased with one's achievements.

How to: There is exactly one correct match per item. Each option in Column 2 is used once. Write its letter in the box.