



# SMART JUNIORS 3

Highs and Lows of Our Feelings

**Lesson 1**  
**Topic Vocabulary**



# TOPIC DISCUSSION

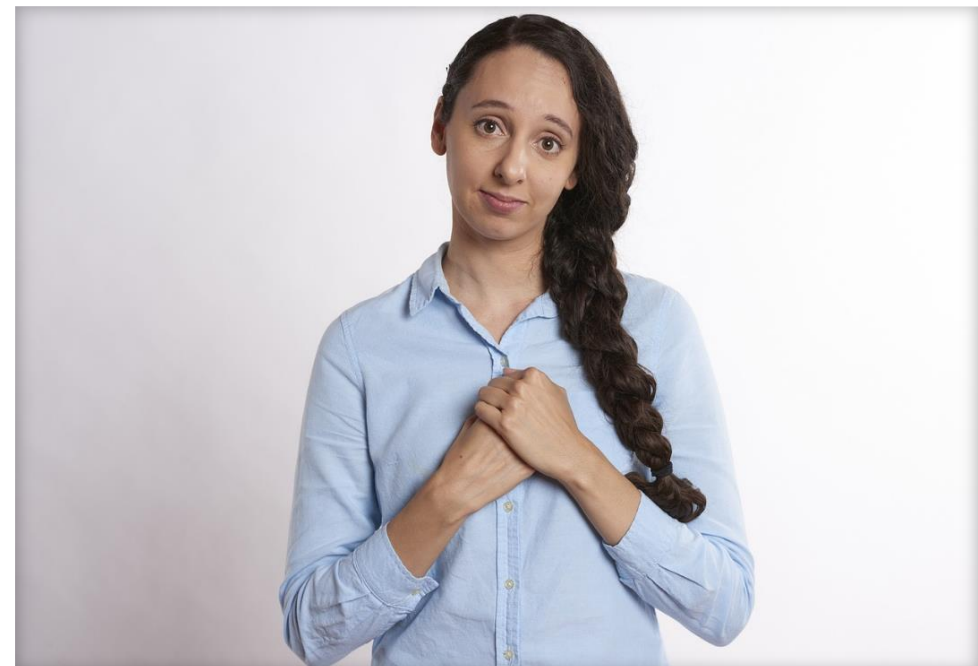


Here are two photographs showing two different moods/feelings. Compare and answer.

- 1 What are the two different feelings?
- 2 How do you think we can change from feeling A to B?



Feeling A

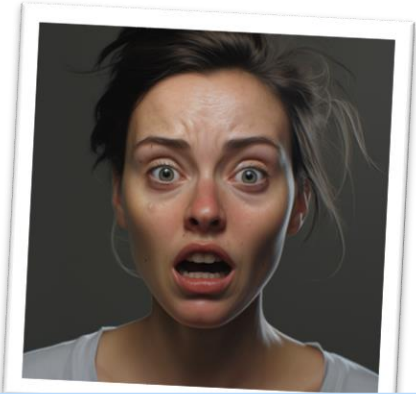


Feeling B

# PHRASES LEARNING

## Phrases About Feelings

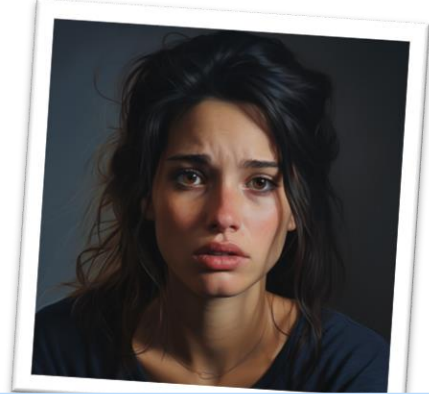
These phrases describe one's feelings in different ways. Complete them.



be afraid \_\_\_\_\_



be pleased \_\_\_\_\_



be worried \_\_\_\_\_



be annoyed \_\_\_\_\_



be grateful \_\_\_\_\_



be surprised \_\_\_\_\_

# PHRASES LEARNING

## Phrases About Feelings

Match the phrases to their definitions. Make a facial expression for each.

be afraid of

be pleased to

be worried about

be annoyed with

be grateful for

be surprised at

1 to feel **happy or satisfied to do something**

2 to feel **angry or irritated** with someone or something

3 to have **a feeling of fear or worry** about something

4 to feel **surprised or shocked** because of something unexpected

5 to feel **anxious or concerned** about something

6 to feel **thankful or appreciative** towards someone or something



# PRACTICE TIME

- Choose the correct word to complete the passage.

I was ①\_\_\_\_\_ of public speaking. I was always ②\_\_\_\_\_ about forgetting what I wanted to say, but luckily I remembered everything. People get ③\_\_\_\_\_ with the interruptions during their speeches, but I was ④\_\_\_\_\_ to find that my audience was friendly. I was ⑤\_\_\_\_\_ for having the opportunity to share my ideas.

① A. excited      B. afraid      C. happy

② A. worried      B. happy      C. excited

③ A. annoyed      B. angry      C. worried

④ A. upset      B. sad      C. pleased

⑤ A. grateful      B. upset      C. nervous

# WORD BUILDING

## Suffixes About Feelings

Build a new word using the hints.

worry

+ ed

worried

please

+ ed

fear

+ ful

cheer

+ ful

excite

+ ing

upset

+ ing

scare

+ y

sleep

+ y

## Suffixes About Feelings

These four suffixes help us form adjectives to describe feelings. Read and make sentences with them if you can.

-ed

worried

pleased

excited

surprised

frightened

-ing

exciting

upsetting

surprising

shocking

relaxing

-ful

fearful

cheerful

hopeful

joyful

thankful

-y

scary

sleepy

angry

funny

hungry

# PRACTICE TIME

- Change the forms of the given words to fill in the gaps.

## An ①\_\_\_\_\_ Moment

I was ②\_\_\_\_\_ to receive the news that I had won the lottery! I felt ③\_\_\_\_\_ and my heart was pounding with excitement. I was so ④\_\_\_\_\_ that I even started singing a tune. I didn't even realize that I was so ⑤\_\_\_\_\_ and needed to eat something.

① **excite**

② **surprise**

③ **excite**

④ **cheer**

⑤ **hunger**





## PHRASES LEARNING

Pay attention to the prepositions of these phrases used to describe one's feelings:

be afraid of

be pleased to

be worried about

be annoyed with

be grateful for

be surprised at

## WORD BUILDING

These four suffixes help us form adjectives to describe feelings:

-ed

worried  
pleased  
excited  
surprised  
frightened

-ing

exciting  
upsetting  
surprising  
shocking  
relaxing

-ful

fearful  
cheerful  
hopeful  
joyful  
thankful

-y

scary  
sleepy  
angry  
funny  
hungry

The background features a collage of yellow smiley faces with various expressions, including smiling, winking, and one with a heart for a mouth. The scene is decorated with several solid-colored circles in shades of blue, brown, and yellow. A diagonal yellow shape cuts across the top-left corner.

# WHAT'S NEXT...

In the next lesson, we're going to read an essay about our feelings. See you next time!