

# 感覺與情緒表達

## Practice Worksheet

### A. Vocabulary - Write the English word

Write the correct English word for each Chinese meaning.

1. 感覺 (v.) \_\_\_\_\_
2. 感受 (n.) \_\_\_\_\_
3. 情緒 (n.) \_\_\_\_\_
4. 心情 (n.) \_\_\_\_\_
5. 快樂的 (adj.) \_\_\_\_\_
6. 難過的 (adj.) \_\_\_\_\_
7. 生氣的 (adj.) \_\_\_\_\_
8. 害怕的 (adj.) \_\_\_\_\_
9. 害怕的 (adj.) \_\_\_\_\_
10. 擔心的 (adj.) \_\_\_\_\_
11. 緊張的 (adj.) \_\_\_\_\_
12. 興奮的 (adj.) \_\_\_\_\_
13. 驚訝的 (adj.) \_\_\_\_\_
14. 震驚的 (adj.) \_\_\_\_\_
15. 失望的 (adj.) \_\_\_\_\_

### B. Grammar - Choose the correct answer

1. I feel \_\_\_ about the test.  
(A) worry (B) worried  
(C) worrying (D) worries
2. She is sad \_\_\_ she missed her friend.  
(A) because (B) because of  
(C) so (D) but
3. The movie made me \_\_\_\_\_.  
(A) cry (B) cried  
(C) crying (D) to cry



4. It's important \_\_\_\_ express your feelings.  
(A) for (B) of  
(C) to (D) at
5. He was disappointed \_\_\_\_ the result.  
(A) at (B) on  
(C) in (D) with
6. Don't \_\_\_\_ yourself.  
(A) blame (B) blaming  
(C) blamed (D) blames
7. She felt \_\_\_\_ when she fell in front of everyone.  
(A) embarrass (B) embarrassed  
(C) embarrassing (D) embarrassment
8. I am \_\_\_\_ of my daughter.  
(A) pride (B) proud  
(C) proudly (D) priding
9. He \_\_\_\_ for being late.  
(A) apologize (B) apologized  
(C) apologizing (D) apology
10. It's OK \_\_\_\_ cry sometimes.  
(A) for (B) of  
(C) to (D) at

### C. Listening - Go to [learn.chparenting.com](http://learn.chparenting.com) to listen

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1. 他今天心情怎麼樣?  
(A) He feels happy.  
(B) He is worried about a test.  
(C) He doesn't have any tests.
2. Amy為什麼在哭?  
(A) Amy is happy.  
(B) Amy had a fight with her friend.  
(C) Amy is watching a sad movie.
3. 他在比賽中得到什麼成績?  
(A) He lost the contest.  
(B) He got first place.  
(C) He didn't join the contest.
4. 她為什麼覺得孤單?  
(A) Her friend is in the same city.  
(B) She feels lonely.  
(C) She doesn't miss her friend.



5. 媽媽為什麼生氣？

- (A) His mom was happy.
- (B) He spent too much time studying.
- (C) His mom was mad about video games.

D. Reading - Go to [learn.chparenting.com](http://learn.chparenting.com) to read the passage

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1. What should you do when you feel angry?

- (A) Shout at someone
- (B) Take a deep breath
- (C) Keep it inside
- (D) Go to sleep

2. What is a good way to deal with sadness?

- (A) Stay alone all day
- (B) Do something you enjoy
- (C) Watch scary movies
- (D) Skip meals

3. How can you reduce stress about schoolwork?

- (A) Do everything at once
- (B) Skip homework
- (C) Make a plan and take breaks
- (D) Sleep all day

4. Is it OK to ask for help?

- (A) No, never.
- (B) Only sometimes.
- (C) Yes, everyone needs help sometimes.
- (D) Only adults can ask for help.

5. What is the best way to stay happy?

- (A) Have lots of money
- (B) Be famous
- (C) Be kind to yourself and others
- (D) Play games all day

