Do you know the film ***Inside Out***?



It is a story full of emotions!

**Joy, Disgust, Fear Anger** and **Sadness** are those who influence Riley, the protagonist, on how she feels or makes her decisions. It’s worth watching it!

Exercise 1: Match the adjectives in the box below to the feelings:

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| --- |
| Afraid / alarmed / annoyed / bitter / blue / cheerful / cross / delighted / depressed/ eager / envious / ecstatic / frightened / furious / glad / gloomy / grumpy / homesick / irritated / miserable/ nasty/ scary / sick / upset / worried |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **JOY** | **DISGUST** | **FEAR** | **ANGER** | **SADNESS** |
|  |  |  |  |  |

Exercise 2:

1. Mary was a *nasty/gloomy/cheerful* person who started rumors about all kinds of people.
2. I am *irritated/ eager/ upset* to show you my new laptop! It/s amazing!
3. Mum was so *delighted/ homesick/ cross* with me when she saw that my room was untidy.
4. Carl is always *envious/ afraid/ grumpy* in the morning. He doesn’t like talking to everyone.
5. Rainy days make many people feel more *blue/ furious/ scary*.
6. I felt very *alarmed/ cross/ homesick* when we moved out. I miss my old house and friends.
7. She was very *upset/ delighted/ worried* with my birthday present. She smiled and thanked.
8. The little boy feels *depressed/ grumpy/ glad* because his dog has just died.
9. Dishonest people make me feel *blue/ sick/ gloomy*
10. This morning my boss was *ecstatic/ irritated/ afraid* when I arrived late at work again.