



Describing People

FEELINGS, REACTIONS & MOODS



About the Lesson

This lesson will help you get more confident in using nine adjectives to describe people's feelings, reactions and moods.

The adjectives covered in this worksheet are: *delighted*, *fuming*, *stunned*, *fired up*, *grumpy*, *awkward*, *baffled*, *turned off*, and *moved*.



Delighted

Fuming

Stunned

Fired up

Grumpy

9 Adjectives to Describe Feelings & Reactions

Awkward

Baffled

Turned off

Moved



Delighted

When you feel delighted, you feel happy, joyful and free.

EXAMPLES

- They were delighted with the meal and recommended the restaurant to all their friends.
- She'll be so delighted to see us for the holidays.

Fuming

To be fuming is to be more than just a few degrees above annoyed; it's to be very angry.

EXAMPLES

- I was fuming all day after that bad fight with my brother.
- Don't bother him right now. He's fuming over losing that big contract.





Stunned

Something that makes you feel stunned usually makes your jaw drop or your heart stop for a second. It's a similar feeling to being shocked.

EXAMPLES

- They were stunned when they realized that they had won the lottery.
- She was stunned to find out she was getting laid off.

Fired up

If you're fired up, it means you're filled with excitement and energy about something.

EXAMPLES

- I get really fired up whenever I listen to that podcast.
- We were all fired up for the concert.





Grumpy

When you feel grumpy, you're irritable and everything annoys you.

EXAMPLES

- He's always grumpy after work because he has such a long commute.
- If she doesn't take a nap, she'll be grumpy all day.

Awkward

Someone who feels awkward feels uncomfortable and uneasy, and they behave in an embarrassed way.

EXAMPLES

- I always feel so awkward on the first day back to school.
- Do you feel awkward speaking in front of a group?



Baffled

If you're baffled, you feel so confused that you almost feel lost or even dizzy.

EXAMPLES

- We were baffled by the complicated directions.
- Her parents are baffled about why she started failing school.





Turned off

We say that we're turned off by something when it causes a strong feeling of dislike or disgust.

EXAMPLES

- I loved the view, but I was totally turned off by the dirty carpet.
- We were turned off by the loud music during dinner.

Moved

If you're moved by something, it makes you feel a deep, strong emotion or a sense of empathy or connection with another person.

EXAMPLES

- I was moved by the volunteers' work to clean up the river, so I volunteered too.
- They'll be so moved by your kindness.



A top-down view of a desk with various items: a laptop, pens, a pen holder, glasses, a watch, and a coiled cable.

Let's Practice!

WORDS IN CONTEXT

Match the words or phrases in bold to their synonyms or meanings.

happy angry surprised excited irritable

1. Her engagement announcement left us **stunned**.
2. We're still **fuming** about the fact that we never got a refund.
3. They get **fired up** any time you mention their favorite football team.
4. I'm always **grumpy** after a long day at work with no breaks.
5. We're always **delighted** to meet new people from the community.

WORDS IN CONTEXT

Match the words or phrases in bold to their synonyms or meanings.

happy angry surprised excited irritable

1. Her engagement announcement left us **stunned**. (*surprised*)
2. We're still **fuming** about the fact that we never got a refund. (*angry*)
3. They get **fired up** any time you mention their favorite football team. (*excited*)
4. I'm always **grumpy** after a long day at work with no breaks. (*irritable*)
5. We're always **delighted** to meet new people from the community. (*happy*)

FILL IN THE BLANKS

Complete the sentences with the correct words.

You might have to change verb forms (talk – talking or talked).

delighted fuming stunned fired up grumpy

1. I was absolutely _____ with the present you gave me.
2. Both teams were _____ for the match.
3. She hardly ever smiles. She's always in a _____ mood.
4. We were _____ by how much the city has changed.
5. He was _____ when he found out that his flight was cancelled.

FILL IN THE BLANKS

Complete the sentences with the correct words.

You might have to change verb forms (talk – talking or talked).

delighted fuming stunned fired up grumpy

1. I was absolutely **delighted** with the present you gave me.
2. Both teams were **fired up** for the match.
3. She hardly ever smiles. She's always in a **grumpy** mood.
4. We were **baffled** by how much the city has changed.
5. He was **fuming** when he found out that his flight was cancelled.

DEFINITIONS

Match the words or phrases to their definitions.

awkward baffled turned off moved

1. _____: a strong feeling of dislike or repulsion
2. _____: embarrassed and uncomfortable
3. _____: feeling a deep emotion or sense of empathy
4. _____: extremely confused

DEFINITIONS

Match the words or phrases to their definitions.

awkward baffled turned off moved

1. **turned off**: a strong feeling of dislike or repulsion
2. **awkward**: embarrassed and uncomfortable
3. **moved**: feeling a deep emotion or sense of empathy
4. **baffled**: extremely confused

WHAT'S ANOTHER WAY TO SAY...?

Rewrite the sentences with one of the words above.

You might have to make some changes to the sentences, or add/change a preposition.

1. I **just can't understand** how he can fight more than one person alone.
2. Watching the family reunite left him feeling a **deep emotion**.
3. She felt a **strong feeling of dislike because of** their customer service.
4. I spilled my coffee all over the table yesterday. It was so **embarrassing!**

WHAT'S ANOTHER WAY TO SAY...?

Rewrite the sentences with one of the words above.

You might have to make some changes to the sentences, or add/change a preposition.

1. I'm baffled at how he can fight more than one person alone.
2. Watching the family reunite left him feeling moved.
3. She felt turned off by their customer service.
4. I spilled my coffee all over the table yesterday. It was so awkward!

A top-down view of a desk setup. In the upper right, a white keyboard is visible. To its left is a white coffee cup with a dark sleeve. On the far left, a large, vibrant green monstera leaf with characteristic holes is partially visible. The background is a plain, light-colored surface. In the bottom right corner, a portion of a black folder or notebook is visible.

Speaking Practice

DISCUSSION

Answer the following questions.

Try to give as much detail as you can. Elaborate with examples or stories whenever possible.

- When was the last time you felt delighted? What are some small things that delight you?
- When you're fuming, how do you stay calm? What techniques would you recommend to others?
- What news have you heard or read about recently that stunned you?

DISCUSSION

Answer the following questions.

Try to give as much detail as you can. Elaborate with examples or stories whenever possible.

- How awkward are these situations for you? (1= *not at all* → 10 = *extremely awkward*)
 - Forgetting someone's name.
 - When your stomach starts to make noises in a quiet room.
 - Laughing really hard when no one else is laughing.
 - Leaving the bathroom with toilet paper on your shoe.
 - Tripping or falling in public.
 - Getting into a crowded elevator.

DISCUSSION

Answer the following questions.

Try to give as much detail as you can. Elaborate with examples or stories whenever possible.

- What are some things that could get you fired up when you're feeling down and need some serious motivation?
- When looking at the way people behave on social media, what are you turned off by the most? Why do you feel people do this?
- Have you ever listened to music or watched a movie that moved you to tears? What was it and why did it affect you so much?

DISCUSSION

Answer the following questions.

Try to give as much detail as you can. Elaborate with examples or stories whenever possible.

- What's relatively common but still baffles you?
- Are you always grumpy in the mornings? What makes you grumpy?
How will I know if you're grumpy?

Thank You!

I hope you enjoyed this resource!

If you have any questions, please [send me a message](#).

For more worksheets and lessons, visit my website at

www.inenglishwithlove.com.

