1 Write the four feelings on the red scale below and then circle the feeling which best describes the cat on pages 18 to 19 of the EMOTIONARY.

- irritated
- calm
- annoyed
- happy

Feeling good

Feeling bad

2 What do you think has happened in the picture on pages 18 to 19 of the EMOTIONARY? Put the events in order.

2 A cat fell into the hole.
1 Some labourers dug a hole in the road.
5 The cat got angry.
3 A mosquito saw the cat.
4 The mosquito started to buzz around the cat’s head.

3 Write a short conversation between the cat and the mosquito.

Open answer
4 What does bother mean? Circle the correct answer.

☐ to make you feel happy
☐ to get on your nerves
☐ to make you feel sad

5 What smells and sounds bother you? Which don’t bother you? Complete the sentences.

Open answer

The smell of ____________________________ bothers me, but
the smell of ____________________________ doesn’t.

The sound of ____________________________
but ____________________________.

6 When does something begin to irritate you? Look at the example then complete the sentence below.

A song becomes irritating when we hear it too many times

Open answer

A perfume becomes irritating when...

The wind becomes irritating when...
7 Complete the table with the names of the five senses, then write an example of something you perceive with each of them.

<table>
<thead>
<tr>
<th>Sense</th>
<th>I perceive …</th>
</tr>
</thead>
<tbody>
<tr>
<td>sight</td>
<td>open answer</td>
</tr>
<tr>
<td>hearing</td>
<td>open answer</td>
</tr>
<tr>
<td>smell</td>
<td>the smell of a rose</td>
</tr>
<tr>
<td>taste</td>
<td>open answer</td>
</tr>
<tr>
<td>touch</td>
<td>open answer</td>
</tr>
</tbody>
</table>

8 Tilly is irritated by the sound of the tap dripping in her kitchen. Tick the two sentences that illustrate how she is feeling.

- Tilly can’t concentrate on anything but the sound of the tap dripping.
- Tilly has gone deaf due to the dripping tap.
- Tilly thinks that she will go mad if the tap doesn’t stop dripping.
- Tilly doesn’t want to turn the tap off properly because she likes the sound of it dripping.

9 Something annoying becomes irritating when you believe **you cannot stand it** any more. Circle the three words or expressions that mean the same as **cannot stand**. Then write two things that you cannot stand.

- hate
- destroy
- cannot bear
- get angry
- despise
- cannot understand

Open answer
10 Which of the following situations are irritating? Tick the answers.

- Your sister always sings when you are trying to do your homework.
- Your neighbour has got lots of different flowers in her garden.
- There’s always a lot of rubbish in the street outside your school.
- A classmate didn’t invite you to his party years ago.
- The children in your class never let you join in their games.
- Your teacher got your name wrong one day.
- Your teacher always gets your name wrong.

11 Write a list of things you do that you think others might find irritating.

Open answer
Imagine that your neighbour always plays loud music. Write him a note saying that you find it really irritating and ask him to keep the sound down.

Open answer

What do you think the differences are between anger and irritation? Write them down.

Sample answer: Anger comes upon us quickly. You feel irritation when something happens repeatedly. Irritation can turn to anger, but the opposite rarely happens.
Irritation

NOTES

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The EMOTIONARY worksheets belong to the Say What You Feel series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html