

HOW ARE YOU FEELING TODAY?

איך אתם מרגישים היום?

בדף עבודה זה נלמד ונבסס אוצר מילים באנגלית בנושא מצבי רוח ורגשות (Moods and Feelings). מילים אלו עוזרות לילדים לתאר איך הם מרגישים. כמו happy, angry, nervous ו-excited. דפי תרגול אלו מותאמים ללימוד אנגלית לילדים ברמת B1 ועוזרים להעשיר את אוצר המילים צעד אחר צעד, דרך משימות חווייתיות, קטע קריאה קצר ומגוון תרגילים מהנים. מי שרוצה להעמיק בנושא מוזמן לקרוא את המאמר **רגשות ותחושות – Emotions and Feelings in English** **איך להסביר לילדים על רגשות** ואת המדריך **איך להסביר לילדים על רגשות**.

1

Matching Vocabulary

התאמת אוצר מילים

Match each feeling word to its correct definition.

התאימו בין מילת הרגש להגדרה המתאימה לה.



1. Happy

→



2. Angry

→



3. Nervous

→



4. Excited

→



5. Bored

→



6. Proud

→

- a. Feeling upset or annoyed about something unfair.
- b. Feeling worried or afraid about something about to happen.
- c. Feeling very happy and looking forward to something.
- d. Feeling not interested because nothing fun is happening.
- e. Feeling joyful and glad.
- f. Feeling of great pleasure about something you achieved.

כל הכבוד על ההתחלה המצוינת! הצעד הראשון הוא הכי חשוב!

2

Complete the Sentences

השלמת משפטים

Fill in the blanks using the correct word from the word bank.
השלימו את החסר במשפטים הבאים בעזרת המילה המתאימה מבנק המילים.

Word bank

relieved

jealous

embarrassed

grateful

confused

1. Maya felt very _____ when her friend got a new bicycle for her birthday.
2. I am so _____ to my grandmother for the wonderful gift she gave me.
3. Dan tripped in front of the whole class and felt really _____.
4. After the difficult test was finally over, Sara felt _____.
5. The instructions were so complicated that everyone looked _____.

3 Reading Comprehension - The Big Race

הבנת הנקרא - המרוץ הגדול

Read the short story and answer the questions.

קראו את הסיפור הקצר וענו על השאלות.



The Big Race

Ben was nervous before the school race. His hands felt cold, and his heart beat quickly. When the whistle blew, he ran as fast as he could. Halfway through, Ben felt tired, but he remembered his coach's words and kept going. When he crossed the finish line in second place, Ben felt proud of himself. His best friend, who came in first, gave him a big hug. Ben was not jealous at all - he was just happy that they both did their best.

1. How did Ben feel before the race started?

2. What happened to Ben halfway through the race?

3. In what place did Ben finish the race?

4. How did Ben feel about his friend winning first place?

5. What does the word "proud" mean in the story?

- ☐ Feeling pleased about something you did well
- ☐ Feeling scared of something
- ☐ Feeling tired and sleepy

עבודה נפלאה! אתם מתקדמים מדהים, תמשיכו כך!

4

Feelings Sorting

מיון רגשות לקטגוריות

Sort the words into the correct category: Positive Feelings, Negative Feelings, or Calm Feelings.

מיינו את המילים לקטגוריה הנכונה:
רגשות חיוביים, רגשות שליליים, או רגשות רוגעים.

Words

Cheerful

Furious

Miserable

Calm

Delighted

Anxious

Relaxed

Terrified

Content

Gloomy



Positive Feelings /
רגשות חיוביים



Negative Feelings /
רגשות שליליים



Calm Feelings /
רגשות רוגעים

5

Feelings Scenarios

תרחישי רגשות

Choose the correct option (A, B, or C) for each scenario.

בחרו בתשובה הנכונה ביותר (A, B, או C) לכל תרחיש.



1. Your team just won the championship game. How do you feel?

☐ a. Devastated ☐ b. Thrilled ☐ c. Bored



2. You have to give a speech in front of 500 people tomorrow. How might you feel?

☐ a. Nervous ☐ b. Delighted ☐ c. Sleepy



3. Someone took the last cookie you were saving for yourself. How do you feel?

☐ a. Grateful ☐ b. Annoyed ☐ c. Relaxed



4. You just finished a really long and difficult jigsaw puzzle. How do you feel?

☐ a. Confused ☐ b. Accomplished

☐ c. Furious



5. It's raining outside and you have nothing to do at home. How do you feel?

☐ a. Bored ☐ b. Thrilled ☐ c. Terrified

6

Correct the Vocabulary Mistakes

תיקון טעויות באוצר המילים

Read each sentence and write the correct feeling word instead of the wrong word.

קראו כל משפט וכתבו את המילה הנכונה במקום המילה השגויה.

1. Maya felt very **exciting** when she heard the good news.

→ _____

2. Tom was **boring** during the long car ride because there was nothing to do.

→ _____

3. The scary movie made all the children very **frightening**.

→ _____

4. Dan was **disappointing** when his team lost the game.

→ _____

5. Everyone was **surprising** when they saw the huge birthday cake.

→ _____

איזו התמדה מדהימה! סיימתם את כל התרגילים בהצלחה רבה!

תשובות

1. Matching Vocabulary

1-f, 2-a, 3-b, 4-c, 5-d, 6-e.

2. Complete the Sentences

1. jealous, 2. grateful, 3. embarrassed, 4. relieved, 5. confused.

3. Reading Comprehension - The Big Race

1. Nervous, 2. He felt tired, 3. Second place,
4. He was not jealous, he was happy for his friend,
5. Feeling pleased about something you did well.

4. Feelings Sorting

Positive Feelings: Cheerful, Delighted, Content.

Negative Feelings: Furious, Miserable, Anxious, Terrified, Gloomy.

Calm Feelings: Calm, Relaxed.

5. Feelings Scenarios

1-b, 2-a, 3-b, 4-b, 5-a.

6. Correct the Vocabulary Mistakes

1. excited, 2. bored, 3. frightened, 4. disappointed, 5. surprised.