

Emotion

Vocabulary

HAPPY/SAD/EXCITED
NERVOUS/ANGRY/RELAXED
GRATEFUL/LONELY/CONFUSED
PROUD/EUPHORIC/MELANCHOLY
ANXIOUS/FRUSTRATED/CONTENT
NOSTALGIC/RESENTFUL
ECSTATIC
OVERWHELMED
DISHEARTENED

Idioms

BOTTLE UP YOUR FEELINGS
BLOW OFF SOME STEAM
GET COLD FEET
LOSE YOUR TEMPER
BURST INTO TEARS
CRY YOUR HEART OUT
JUMP FOR JOY
WEAR A BRAVE FACE
SWEEPED OFF YOUR FEET
GO THROUGH THE ROOF

Phrasal Verbs

CHEER UP
CALM DOWN
BREAK DOWN
OPEN UP
FREAK OUT
SHAKE OFF
BRING OUT
WELL UP
HOLD BACK
LIGHT UP

Expressions

ON CLOUD NINE
FEELING UNDER THE WEATHER
A ROLLERCOASTER OF EMOTIONS
IT MADE MY DAY
I'M OVER THE MOON
WEARING YOUR HEART ON YOUR SLEEVE
CAUGHT OFF GUARD
AN EMOTIONAL WRECK
RIDING HIGH
WEIGHED DOWN BY EMOTIONS