

FEELINGS & EMOTIONS

Can you name 3...?

- 1. ... things you can eat that make you really happy.
- 2. ... <u>unhappy</u> emotions.
- 3. ... movies/TV shows that people *laugh* at.
- 4. ... things you had to eat as a kid that made you unhappy.
- 5. ... ways to *unwind* after school/work.
- 6. ... movies that can make people cry.
- 7. ... things your teachers make you do that make you unhappy.
- 8. ... *happy* emotions.
- 9. ... celebrities that you could *happily* date
- 10. ... people from abroad that you could *happily* have dinner with.

A, AN, SOME, ANY, or THE

Fill in the blanks with the correct word (A, AN, SOME, ANY, or THE).

1.	I have	feeling that something good is going to happen
	today.	
2.	She's	most optimistic person I've ever met.
3.	Can you give me	advice on how to deal with stress?
4.	He's been feeling	little anxious lately, so I'm trying to be
	supportive.	
5.	I love listening to	music when I'm feeling down.
6.	Have you experienced	strong emotions after watching a
	sad movie?	
7.	There's	thing that always makes me smile: my cat's funny
	antics.	
8.	I'm looking for	book about mindfulness to help me relax.
9.	She's	best friend I've ever had – always there for me.
10.	I'm feeling	bit overwhelmed with work right now.

Teacher's Key

- 1. I have <u>a</u> feeling that something good is going to happen today.
- 2. She's <u>the</u> most optimistic person I've ever met.
- 3. Can you give me **some** advice on how to deal with stress?
- 4. He's been feeling \underline{a} little anxious lately, so I'm trying to be supportive.
- 5. I love listening to **the** music when I'm feeling down.
- 6. Have you experienced **any** strong emotions after watching a sad movie?
- 7. There's **some**thing that always makes me smile: my cat's funny antics.
- 8. I'm looking for <u>a</u> book about mindfulness to help me relax.
- 9. She's <u>the</u> best friend I've ever had always there for me.
- 10. I'm feeling \underline{a} bit overwhelmed with work right now.