



EMOTIONS & FEELINGS

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Lesson Title: Emotions & Feelings – How Are You? (A1)

Level: A1 Beginner

Duration: 45–60 minutes

PDF 1 – Teacher's Guide (Teacher Only)

Lesson Aims:

- Students will learn and use 14 common feelings and emotions.
- Students will practice “I’m + adjective”, “He/She is + adjective”, and “I feel ...”.
- Students will talk about their own feelings and reasons.

Target Vocabulary (14 words):

happy – sad – angry – tired – hungry – thirsty – excited –
scared – bored – surprised – worried – sick – cold – hot

Warm-up Activity (8–10 minutes) – Emoji Chain

1. Write 6–8 feelings on the board with simple faces.
2. Teacher says: “I’m happy!” and makes a happy face.
3. Students stand in a circle or line and repeat the chain: each student says one feeling + acts it out.
4. Do it 2 rounds – faster the second time. Very energetic and fun.

Easy Pronunciation (for teachers):

happy → HAP-ee
sad → sad
angry → ANG-gree
tired → TY-erd
hungry → HUNG-gree
thirsty → THUR-stee
excited → ek-SY-ted
scared → skaird
bored → bord
surprised → sur-PRYZD
worried → WUR-eed
sick → sik
cold → kold
hot → hot

Teaching Tips:

- Use lots of facial expressions and gestures.
- Drill “I’m happy” / “I’m not happy” / “He is tired” / “She is excited”.
- Accept short answers at the beginning, push for “because...” later.

Extension Ideas:

- Ask students to draw 4 faces and write how they feel on different days.
- Homework: “How does your family feel today?” (short sentences).