



FEELINGS & EMOTIONS

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Lesson Objectives

By the end of this lesson, students will be able to:

- recognise and use common feelings and emotions vocabulary.
- ask and answer simple questions about feelings.
- describe how they feel in everyday situations.
- understand common expressions related to emotions.
- improve speaking confidence through personalised activities and role-plays.



Warm-up (5–8 minutes)

Write these questions on the board.

- How are you today?

Students answer using one feeling word.

Then ask:

- Why do you feel that way?

Encourage very short answers.

Example:

- "I'm tired because I studied."
- "I'm happy because it's Friday."

Useful Expressions

How are you?

I'm happy.

How do you feel?

I feel tired.

What's wrong?

I'm worried.

Why are you angry?

Because I lost my game.

Are you hungry?

Yes, I am.

Target Vocabulary

happy
sad
tired
excited
worried
angry
scared
bored
sick
hungry
thirsty
relaxed
confused
surprised
proud
nervous



Lead-in Activity

Students stand up. Call out different feelings.

If students have felt that emotion this week, they raise their hand.

Examples:

Happy

Excited

Hungry

Scared

Proud

Surprised

This gets everyone involved immediately.

✗ Common Learner Mistakes



I am boring.



I am bored.



She is exciting.



She is excited.



I have hungry.



I am hungry.



Teaching Tips

- ✓ Encourage facial expressions and gestures.
- ✓ Let students personalise every answer.
- ✓ Avoid translation where possible—use pictures and expressions instead.