



FEELINGS & EMOTIONS

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Picture Talk

We use words for feelings and emotions to talk about how we feel inside. We can show our feelings with words, our faces and our actions.

Feelings & Emotions

A1-A2 ENGLISH WORKSHEET

How are you feeling today?

happy

sad

tired

excited

worried

angry

scared

bored

sick

hungry

thirsty

relaxed

confused

surprised

proud

nervous

QUESTIONS

- How is the boy in the green shirt feeling?
- How is the girl in the purple shirt feeling?
- Who is hungry?
- How do you feel when you get a gift?
- How do you feel before an exam?
- How do you feel after the weekend?

MATCH THE FEELINGS

Match the feelings with the correct situations.

1. happy	A. I watched a scary movie.
2. tired	B. I ate a big sandwich.
3. scared	C. I finished my homework.
4. hungry	D. I played with my friends.
5. proud	E. I sat in the waiting room for two hours.
6. bored	F. I slept only five hours.

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.

TALK ABOUT YOUR FEELINGS

Look, choose and talk.

after a good test after a long day at your birthday when you are sad

HOW DO YOU FEEL RIGHT NOW?

Mark on the scale.

very bad bad okay good very good

Feelings are OK!
It's good to talk about how you feel.

Look carefully at the picture.

Answer the questions.

- Who looks excited?
- Who is worried?
- Which person is thirsty?
- Who looks surprised?
- Which feeling do you think is the strongest?
- Which feeling do you have today?
- Which picture is your favourite?
- Can you act out one feeling?

Emoji Challenge

Draw an emoji for each feeling.

Happy

Tired

Scared

Angry

Hungry

Surprised

Then ask your partner to guess the feeling.

Activity 2 – Match the Feelings

Match the word with the correct meaning.

- | | |
|--------------|---|
| 1. happy | A. You need something to eat. |
| 2. worried | B. You need something to drink. |
| 3. hungry | C. You feel calm. |
| 4. tired | D. You are pleased with yourself. |
| 5. surprised | E. You are smiling because something is good. |
| 6. proud | F. Something unexpected happened. |
| 7. thirsty | G. You need to sleep. |
| 8. relaxed | H. You are thinking about a problem. |

Activity 3 – Complete the Sentences

Choose the correct feeling.

Word Box

happy tired hungry nervous excited bored sick proud

- I finished my homework. I feel _____.
- I didn't sleep well. I feel _____.
- I have an exam today. I feel _____.
- It's lunchtime. I feel _____.
- I won first prize! I feel _____.
- I have a fever. I feel _____.
- There is nothing to do. I feel _____.
- Tomorrow is my birthday! I feel _____.

Activity 4 – About You

Complete the sentences.

Today I feel...

Yesterday I felt...

I feel excited when...

I feel worried when...

I feel proud when...

Compare your answers with a partner.

Pronunciation Focus

Word	Sounds Like
happy	HAP-ee
worried	WUR-eed
excited	ik-SY-tid
surprised	ser-PRYZD
nervous	NER-vus
hungry	HUNG-gree
thirsty	THUR-stee
relaxed	ree-LAKST

Teacher's Key

Emoji Challenge

Draw an emoji for each feeling.

😊 Happy

😴 Tired

😡 Angry

😱 Scared

😮 Surprised

😋 Hungry

Then ask your partner to guess the feeling.

Activity 2 – Match the Feelings

Match the word with the correct meaning.

- | | |
|--------------|---|
| 1. happy | E. You are smiling because something is good. |
| 2. worried | H. You are thinking about a problem. |
| 3. hungry | A. You need something to eat. |
| 4. tired | G. You need to sleep. |
| 5. surprised | F. Something unexpected happened. |
| 6. proud | D. You are pleased with yourself. |
| 7. thirsty | B. You need something to drink. |
| 8. relaxed | C. You feel calm. |

Activity 3 – Complete the Sentences

Choose the correct feeling.

1. I finished my homework. I feel **proud**.
2. I didn't sleep well. I feel **tired**.
3. I have an exam today. I feel **nervous**.
4. It's lunchtime. I feel **hungry**.
5. I won first prize! I feel **happy (or proud)**.
6. I have a fever. I feel **sick**.
7. There is nothing to do. I feel **bored**.
8. Tomorrow is my birthday! I feel **excited**.