



FEELINGS & EMOTIONS

© talkmor.com

Talking About Feelings

Useful Language

Asking About Feelings	Answering	Talking About Other People
How are you?	I'm happy.	He looks tired.
How are you feeling today?	I feel tired.	She looks happy.
How do you feel?	I'm a little worried.	They seem excited.
What's wrong?	I'm hungry / thirsty / excited.	My friend feels sick today.
Are you OK?	I'm nervous because I have a test.	Our teacher looks relaxed.
Why are you happy?	I'm proud of myself.	

Activity 1 – Complete the Conversation

Use the words in the box.

Word Box

happy tired hungry worried excited thirsty

Emma: Hi, Ben! How are you?

Ben: I'm _____.

Emma: Why?

Ben: Because I didn't sleep much.

Emma: Oh! Would you like some water?

Ben: Yes, please. I'm _____ too!

Activity 2 – Choose the Best Answer

1. I won first prize!

a) I'm bored. b) I'm hungry. c) I'm excited.

2. I haven't eaten all day.

a) I'm thirsty. b) I'm hungry. c) I'm proud.

3. My exam starts in five minutes.

a) I'm nervous. b) I'm relaxed. c) I'm sleepy.

4. My football team won!

a) I'm angry. b) I'm proud. c) I'm confused.

Activity 3 – What Would You Say?

Write one sentence for each situation.

1. Your friend looks sad.

2. Your brother is excited.

3. Your teacher looks tired.

4. Your classmate is worried.

5. You feel hungry.

Activity 4 – Finish the Sentences

I feel happy when...

I feel nervous when...

I feel relaxed when...

I feel proud when...

I feel excited when...

Compare your answers with a partner.

Teacher's Key

Activity 1 – Complete the Conversation

happy tired hungry worried excited thirsty

Emma: Hi, Ben! How are you?

Ben: I'm tired.

Emma: Why?

Ben: Because I didn't sleep much.

Emma: Oh! Would you like some water?

Ben: Yes, please. I'm thirsty too!

Activity 2 – Choose the Best Answer

1. I won first prize!

a) I'm bored.

b) I'm hungry.

c) I'm excited.

2. I haven't eaten all day.

a) I'm thirsty.

b) I'm hungry.

c) I'm proud.

3. My exam starts in five minutes.

a) I'm nervous.

b) I'm relaxed.

c) I'm sleepy.

4. My football team won!

a) I'm angry.

b) I'm proud.

c) I'm confused.

Activity 3 – What Would You Say?

Write one sentence for each situation.

(Accept any suitable answers.)