



HOW DO YOU FEEL?



Scan to review worksheet

Expemo code:
1392-81QB-TL4S

1 Warm-up

How do you feel today?

2 I feel....

Put the adjectives into the correct categories.

angry
nervous
worried

cheerful
scared

excited
surprised

jealous
tired

1. If you feel good, you might feel:

2. If you feel bad, you might feel:





Now, use the words from this exercise and think about what the people in each picture are feeling.
Example: Picture 1 – "She's surprised."



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____

3 Practice 1

Choose the best word for each sentence.

- 1. Kinga is _____. She thinks she won't pass her driving test. *excited/worried*
- 2. Alice was _____ when she found a frog in the bathtub. *surprised/worried*
- 3. Bella is _____. It's the weekend and the sun is shining. *cheerful/excited*
- 4. Ramon was _____ before his job interview. *nervous/angry*
- 5. James got _____ when someone stole his wallet. *jealous/angry*
- 6. Hugo is _____. He ran 12 miles. *nervous/tired*
- 7. Michelle is _____. It's her birthday tomorrow. *excited/surprised*
- 8. Anneka was _____. She could hear strange noises in the forest. *cheerful/scared*
- 9. Pablo was _____. His friend got a new car. *angry/jealous*



4

How does it make you feel?

There are different ways to talk about feelings.

You can use the verb **'to be'**.

I'm angry.

He's jealous.

Or you can use the verb **'to feel'**.

I feel cheerful.

He feels tired.

It is more common to use the verb **'to be'** to talk about how we feel.

I'm tired. I didn't sleep last night.

They're worried. Their dog is sick.

We use the verb **'to feel'** in the **present simple** when we talk about how we feel when something happens more than once.

I feel hungry when I smell bacon.

She feels nervous when she sees Eddie.

There are different questions we can ask about feelings:

This question asks you **how you feel now**:

Q: *How do you feel?* A: Cheerful. It's a nice day today.

These questions ask you about how you **feel about particular things**.

Q: *What makes you angry?* A: When people don't put rubbish in the bin.

Q: *What makes you feel scared?* A: Heights and spiders.

Work with a partner. Ask them questions like above.

Example:

Q: What makes you nervous?

A: Exams make me nervous.



5 Feelings

Work with a partner. Look at the pictures below. Describe the pictures, and say how each situation makes you feel. Try to use words from this worksheet.

Example - picture 1: The baby is crying. I feel worried.



1.



2.



3.



4.



5.



6.



Key

1. Warm-up

Ask a few students in the class how they feel. Write their answers on the board. Say to students that there are different ways to answer this question. For example they could say: happy, I'm happy, I feel happy, or I'm feeling happy. The first two are informal and more natural.

2. I feel....

If you feel good, you might feel: cheerful, excited, surprised

If you feel bad, you might feel: angry, jealous, nervous, scared, surprised, tired, worried

- | | | |
|--------------|------------|-------------|
| 1. surprised | 2. worried | 3. tired |
| 4. nervous | 5. jealous | 6. cheerful |
| 7. scared | 8. excited | 9. angry |

3. Practice 1

Students can do this activity alone or in pairs.

- | | | |
|------------|--------------|-------------|
| 1. worried | 2. surprised | 3. cheerful |
| 4. nervous | 5. angry | 6. tired |
| 7. excited | 8. scared | 9. jealous |

4. How does it make you feel?

Give students a few minutes to read the explanation, or read it together as a class. Make sure that they understand it.

Put students in pairs for the activity on page 2. Monitor their conversations and jot down any mistakes or useful vocabulary.

5. Feelings

Monitor students and make a note of any mistakes. Students may want to use different words to describe how the pictures make them feel, write these on the board and use example sentences so students understand the meaning. Suggested answers:

1. The baby is crying. You might feel angry, worried, or nervous.
2. Some people are playing football. You might feel excited, cheerful, or tired.
3. You're in a hospital. You might feel nervous, worried, or scared.
4. There's a traffic jam. You might feel angry or nervous.
5. There is a roller-coaster. You might feel excited, nervous, or scared on it.
6. There is a beach, and you're probably on vacation. You might feel cheerful or excited. (Or relaxed.)