

Talking About Feelings – Lesson 1

A1 Beginner

Basic Emotions + How Are You?

Language Focus

1 — I am / I'm + feeling

Use I am or I'm with a feeling word to say how you feel.

Full form	Short form
I am happy.	I'm happy.
I am tired.	I'm tired.
I am hungry.	I'm hungry.
I am scared.	I'm scared.

2 — Negative: I am not / I'm not + feeling

Use I am not or I'm not to say you do NOT feel something.

Full form	Short form
I am not sad.	I'm not sad.
I am not angry.	I'm not angry.
He is not tired.	He isn't tired.
She is not okay.	She isn't okay.

3 — How are you? — Asking and answering

Use How are you? to ask someone how they feel.

Question	Answer
How are you?	I'm great, thanks!
How are you?	I'm fine, thank you.
How are you?	I'm okay.
How are you?	I'm not bad.
How are you?	I'm terrible.

4 — Are you + feeling? — Yes/No questions

Use Are you + feeling? to ask about someone's feelings.

Question	Yes answer	No answer
Are you okay?	Yes, I am.	No, I'm not.
Are you scared?	Yes, I am.	No, I'm not.
Are you hungry?	Yes, I am.	No, I'm not.

Dialogue — Read and Listen

Amy: Hi Tom! How are you today?

Tom: I am tired. I am not okay today.

Amy: Oh no! Are you sick?

Tom: No, I am not sick. I am just tired and a little sad.

Amy: Why are you sad?

Tom: My dog is scared of the rain. And I am hungry too! I need food!

Amy: Ha! I am happy today. I have a big sandwich. Do you want some?

Tom: Yes please! Now I feel great!

Key Vocabulary

happy – feeling good and pleased	sad – feeling unhappy or upset
tired – needing rest or sleep	hungry – wanting or needing food
scared – feeling fear; frightened	angry – feeling very upset or mad
fine – okay; not bad, not great	okay – acceptable; all right
great – very good; excellent	terrible – very bad; awful

Exercise 1 — True or False?

Read each sentence. Write True or False.

1. Tom is happy today. True / False
2. Tom is tired. True / False
3. Tom's dog is scared of the rain. True / False
4. Amy is sad today. True / False
5. Tom is sick. True / False
6. Tom feels great at the end. True / False

Exercise 2 — Multiple Choice

Circle the best answer.

1. How does Tom feel at the start?
(a) happy (b) tired (c) angry (d) great
2. Why is Tom sad?
(a) He is sick (b) He is hungry (c) His dog is scared (d) He is angry
3. What does Amy have?
(a) a sandwich (b) a drink (c) some pizza (d) a biscuit
4. Which word means 'very bad'?
(a) fine (b) okay (c) great (d) terrible
5. Which word means 'feeling fear'?
(a) sad (b) scared (c) tired (d) hungry

Exercise 3 — Matching

Match each feeling word to its definition. Write the correct letter.

- | | |
|------------------|-----------------------------|
| 1. happy ____ | a. feeling fear; frightened |
| 2. sad ____ | b. feeling good and pleased |
| 3. tired ____ | c. very bad; awful |
| 4. hungry ____ | d. needing rest or sleep |
| 5. scared ____ | e. wanting or needing food |
| 6. terrible ____ | f. feeling unhappy or upset |

Exercise 4 — Gap Fill

Complete each sentence. The base word is given to help you.

1. I am not happy. I am _____. (s _ _)
2. She is _____. She wants food. (h _ _ _ _)
3. Are you ____? You look frightened. (s _ _ _ _)
4. Tom needs sleep. He is very _____. (t _ _ _)
5. The film was _____. I hated it. (t _ _ _ _ _)

Exercise 5 — Word Order

Put the words in the correct order to make a sentence.

1. today I happy am very .

Answer: _____

2. ? you okay Are

Answer: _____

3. of the She . is scared dog

Answer: _____

4. He and is hungry . tired

Answer: _____

Exercise 6 — Word Sort

Write each word in the correct column.

Words: fine angry terrible okay scared great sad happy

Positive feelings	Negative feelings

Exercise 7 — Complete the Conversation

Choose the correct word from the box to complete each line.

Word bank: fine | hungry | are | sad | great

1. **Lisa:** Hi Jake! How ____ you today?
2. **Jake:** I am not _____. I feel terrible.
3. **Lisa:** Oh no! Are you ____?

4. **Jake:** Yes, I am sad and very _____. I need lunch.

5. **Lisa:** Let's get food! Then you will feel _____!

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I am hungry.	I'm hungry.
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Use I am not or I'm not to say you do NOT feel something.

Full form	Short form
I am not sad.	I'm not sad.
I am not angry.	I'm not angry.
He is not tired.	He isn't tired.
She is not okay.	She isn't okay.

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Use How are you? to ask someone how they feel.

Question	Answer
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How are you?	I'm fine, thank you.
How are you?	I'm okay.
How are you?	I'm not bad.
How are you?	I'm terrible.

4 — Are you + feeling? — Yes/No questions

Use *Are you + feeling?* to ask about someone's feelings.

Question	Yes answer	No answer
Are you okay?	Yes, I am.	No, I'm not.
Are you scared?	Yes, I am.	No, I'm not.
Are you hungry?	Yes, I am.	No, I'm not.

Dialogue — Read and Listen

Amy: Hi Tom! How are you today?

Tom: I am tired. I am not okay today.

Amy: Oh no! Are you sick?

Tom: No, I am not sick. I am just tired and a little sad.

Amy: Why are you sad?

Tom: My dog is scared of the rain. And I am hungry too! I need food!

Amy: Ha! I am happy today. I have a big sandwich. Do you want some?

Tom: Yes please! Now I feel great!

Key Vocabulary

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fine – okay; not bad, not great	okay – acceptable; all right
great – very good; excellent	terrible – very bad; awful

Exercise 1 — True or False?

Read each sentence. Write True or False.

1. Tom is happy today. True / False

Answer: False

2. Tom is tired. True / False

Answer: True

3. Tom's dog is scared of the rain. True / False

Answer: True

4. Amy is sad today. True / False

Answer: False

5. Tom is sick. True / False

Answer: False

6. Tom feels great at the end. True / False

Answer: True

Exercise 2 — Multiple Choice

Circle the best answer.

1. How does Tom feel at the start?

(a) happy (b) tired (c) angry (d) great

Answer: b

2. Why is Tom sad?

(a) He is sick (b) He is hungry (c) His dog is scared (d) He is angry

Answer: c

3. What does Amy have?

(a) a sandwich (b) a drink (c) some pizza (d) a biscuit

Answer: a

4. Which word means 'very bad'?

(a) fine (b) okay (c) great (d) terrible

Answer: d

5. Which word means 'feeling fear'?

(a) sad (b) scared (c) tired (d) hungry

Answer: b

Exercise 3 — Matching

Match each feeling word to its definition. Write the correct letter.

1. happy ____

2. sad ____

3. tired ____

4. hungry ____

5. scared ____

6. terrible ____

a. feeling fear; frightened

b. feeling good and pleased

c. very bad; awful

d. needing rest or sleep

e. wanting or needing food

f. feeling unhappy or upset

Answer: happy → b | sad → f | tired → d | hungry → e | scared → a | terrible → c

Exercise 4 — Gap Fill

Complete each sentence. The base word is given to help you.

1. I am not happy. I am _____. (s _ _)

Answer: sad

2. She is _____. She wants food. (h _ _ _ _)

Answer: hungry

3. Are you ____? You look frightened. (s _ _ _ _)

Answer: scared

4. Tom needs sleep. He is very _____. (t _ _ _ _)

Answer: tired

5. The film was _____. I hated it. (t _ _ _ _ _)

Answer: terrible

Exercise 5 — Word Order

Put the words in the correct order to make a sentence.

1. am very I happy today .

Answer: _____

Answer: I am very happy today.

2. you okay ? Are

Answer: _____

Answer: Are you okay?

3. is dog the She . of scared

Answer: _____

Answer: She is scared of the dog.

4. and hungry He . is tired

Answer: _____

Answer: He is hungry and tired.

Exercise 6 — Word Sort

Write each word in the correct column.

Words: great happy okay fine terrible angry scared sad

Positive feelings	Negative feelings

Answer: Positive: happy, great, fine, okay | Negative: sad, angry, scared, terrible

Exercise 7 — Complete the Conversation

Choose the correct word from the box to complete each line.

Word bank: fine | hungry | sad | great | are

1. **Lisa:** Hi Jake! How ___ you today?

Answer: are

2. **Jake:** I am not ___. I feel terrible.

Answer: fine

3. **Lisa:** Oh no! Are you ___?

Answer: sad

4. **Jake:** Yes, I am sad and very ___. I need lunch.

Answer: hungry

5. **Lisa:** Let's get food! Then you will feel ___!

Answer: great