

Talking About Feelings – Lesson 2

A1 Beginner

Body Feelings + Asking and Responding

Language Focus

1 — I feel + feeling word

Use *I feel* to talk about how your body feels.

Sentence	Meaning
I feel sick.	My body is not well.
I feel dizzy.	The room feels like it is moving.
I feel a bit cold.	I am a little cold — not very cold.
I feel much better.	I am better than before.
I feel worse.	I am not as good as before.

2 — My + body part + hurts

Use *My ____ hurts* to say which part of your body is in pain.

Sentence	Note
My head hurts.	I have a headache.
My stomach hurts.	I have a stomach ache.
My throat hurts.	It is painful to swallow.
My legs hurt.	Use <i>hurt</i> (not <i>hurts</i>) for two things.

3 — Asking: What's wrong? / Are you okay?

Use these questions to ask someone how they feel.

Question	Typical answer
What's wrong?	I feel sick. / My head hurts.
Are you okay?	No, I'm not. I feel awful.
Are you feeling better?	Yes, a little. / No, I feel worse.
Do you need help?	Yes, please. / No, I'm fine.

4 — A bit / very / much — making feelings stronger or softer

Use these words to say how much you feel something.

Word	Meaning	Example
a bit	a little — not very much	I feel a bit dizzy.
very	a lot	I feel very sick.
much better	a lot better than before	I feel much better now.
a little	slightly — similar to a bit	I am a little hot.

Dialogue — Read and Study

Mia: Sam! Are you okay? You look terrible.

Sam: No, I am not okay. I feel very sick.

Mia: What's wrong? Does something hurt?

Sam: Yes. My head hurts and my throat hurts too. I feel dizzy.

Mia: Oh no. Are you hot or cold?

Sam: I am very hot. And I am very thirsty. I need water.

Mia: Here is some water. Do you need help?

Sam: Yes please. I feel awful. I want to go home.

Mia: Of course. I hope you feel better soon!

Sam: Thank you. I think I need to rest.

Key Vocabulary

sick – not well; feeling ill	dizzy – feeling like everything is moving or spinning
hot – having a high body temperature; too warm	cold – feeling a low temperature; not warm enough
thirsty – needing or wanting a drink	awful – very bad; terrible
better – more well than before; improving	worse – less well than before; not improving
hurt – to feel pain in a part of the body	rest – to relax and do nothing to recover

Exercise 1 — True or False?

Read each sentence. Write True or False.

1. Sam feels a little sick. True / False
2. Sam's head and throat hurt. True / False
3. Sam is cold. True / False
4. Sam is thirsty. True / False

5. Mia gives Sam some food. True / False
6. Sam wants to go home. True / False

Exercise 2 — Multiple Choice

Circle the best answer.

1. How does Sam feel?
(a) a bit sick (b) very sick (c) a little tired (d) okay
2. What hurts Sam?
(a) his stomach and legs (b) his head and throat (c) his back and arms (d) his eyes and ears
3. What does Sam need?
(a) food (b) sleep (c) water (d) medicine
4. Which word means 'feeling like everything is spinning'?
(a) awful (b) thirsty (c) dizzy (d) cold
5. Which word means 'less well than before'?
(a) better (b) fine (c) awful (d) worse

Exercise 3 — Matching

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

- | | |
|-----------------|--|
| 1. sick ____ | a. very bad; terrible |
| 2. dizzy ____ | b. less well than before; not improving |
| 3. thirsty ____ | c. needing or wanting a drink |
| 4. awful ____ | d. feeling like everything is moving or spinning |
| 5. better ____ | e. more well than before; improving |
| 6. worse ____ | f. not well; feeling ill |

Exercise 4 — Gap Fill

Complete each sentence. The first letter is given to help you.

1. My head _____. I need medicine. (*h* _____)
2. She is very _____. She needs water. (*t* _____)
3. I feel _____. The room is moving. (*d* _____)
4. Are you feeling _____ today? (*b* _____)
5. I feel _____. This is terrible. (*a* _____)

Exercise 5 — Word Order

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

1. hurts head My .

Answer: _____

2. ? is wrong What

Answer: _____

3. sick feel . very I

Answer: _____

4. feeling Are better you ?

Answer: _____

Exercise 6 — Word Sort

Write each word in the correct column.

Words: sick awful thirsty dizzy hot cold worse better

How you feel inside	Body temperature / thirst

Exercise 7 — Complete the Conversation

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

Word bank: is | okay | thirsty | better | sick

1. **Dan:** Hi Emma. Are you _____? You look pale.
2. **Emma:** No. I feel very _____. My stomach hurts.
3. **Dan:** What _____ wrong?

4. **Emma:** I am also very _____. Can I have some water?

5. **Dan:** Yes! I hope you feel _____ soon.

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Use My ____ hurts to say which part of your body is in pain.

Sentence	Note
My head hurts.	I have a headache.
My stomach hurts.	I have a stomach ache.
My throat hurts.	It is painful to swallow.
My legs hurt.	Use hurt (not hurts) for two things.

3 — Asking: What's wrong? / Are you okay?

Use these questions to ask someone how they feel.

Question	Typical answer
What's wrong?	I feel sick. / My head hurts.
Are you okay?	No, I'm not. I feel awful.
Are you feeling better?	Yes, a little. / No, I feel worse.
Do you need help?	Yes, please. / No, I'm fine.

4 — A bit / very / much — making feelings stronger or softer

Use these words to say how much you feel something.

Word	Meaning	Example
a bit	a little — not very much	I feel a bit dizzy.
very	a lot	I feel very sick.
much better	a lot better than before	I feel much better now.
a little	slightly — similar to a bit	I am a little hot.

Dialogue — Read and Study

Mia: Sam! Are you okay? You look terrible.

Sam: No, I am not okay. I feel very sick.

Mia: What's wrong? Does something hurt?

Sam: Yes. My head hurts and my throat hurts too. I feel dizzy.

Mia: Oh no. Are you hot or cold?

Sam: I am very hot. And I am very thirsty. I need water.

Mia: Here is some water. Do you need help?

Sam: Yes please. I feel awful. I want to go home.

Mia: Of course. I hope you feel better soon!

Sam: Thank you. I think I need to rest.

Key Vocabulary

sick – not well; feeling ill	dizzy – feeling like everything is moving or spinning
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thirsty – needing or wanting a drink	awful – very bad; terrible
better – more well than before; improving	worse – less well than before; not improving
hurt – to feel pain in a part of the body	rest – to relax and do nothing to recover

Exercise 1 — True or False?

Read each sentence. Write True or False.

1. Sam feels a little sick. True / False

Answer: False

2. Sam's head and throat hurt. True / False

Answer: True

3. Sam is cold. True / False

Answer: False

4. Sam is thirsty. True / False

Answer: True

5. Mia gives Sam some food. True / False

Answer: False

6. Sam wants to go home. True / False

Answer: True

Exercise 2 — Multiple Choice

Circle the best answer.

1. How does Sam feel?

(a) a bit sick (b) very sick (c) a little tired (d) okay

Answer: b

2. What hurts Sam?

(a) his stomach and legs (b) his head and throat (c) his back and arms (d) his eyes and ears

Answer: b

3. What does Sam need?

(a) food (b) sleep (c) water (d) medicine

Answer: c

4. Which word means 'feeling like everything is spinning'?

(a) awful (b) thirsty (c) dizzy (d) cold

Answer: c

5. Which word means 'less well than before'?

(a) better (b) fine (c) awful (d) worse

Answer: d

Exercise 3 — Matching

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

1. sick ____
2. dizzy ____
3. thirsty ____
4. awful ____
5. better ____
6. worse ____

- a. very bad; terrible
- b. less well than before; not improving
- c. needing or wanting a drink
- d. feeling like everything is moving or spinning
- e. more well than before; improving
- f. not well; feeling ill

Answer: sick → f | dizzy → d | thirsty → c | awful → a | better → e | worse → b

Exercise 4 — Gap Fill

Complete each sentence. The first letter is given to help you.

1. My head _____. I need medicine. (h _ _ _ _)

Answer: hurts

2. She is very _____. She needs water. (t _ _ _ _ _)

Answer: thirsty

3. I feel _____. The room is moving. (d _ _ _ _)

Answer: dizzy

4. Are you feeling _____ today? (b _ _ _ _ _)

Answer: better

5. I feel _____. This is terrible. (a _ _ _ _)

Answer: awful

Exercise 5 — Word Order

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

1. My . head hurts

Answer: _____

Answer: My head hurts.

2. wrong is What ?

Answer: _____

Answer: What is wrong?

3. I . sick feel very

Answer: _____

Answer: I feel very sick.

4. better you ? Are feeling

Answer: _____

Answer: Are you feeling better?

Exercise 6 — Word Sort

Write each word in the correct column.

Words: awful cold sick better thirsty dizzy hot worse

How you feel inside	Body temperature / thirst

Answer: How you feel inside: sick, dizzy, awful, better | Body temperature / thirst: hot, cold, thirsty, worse

Exercise 7 — Complete the Conversation

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

Word bank: thirsty | okay | is | better | sick

1. **Dan:** Hi Emma. Are you ____? You look pale.

Answer: okay

2. **Emma:** No. I feel very _____. My stomach hurts.

Answer: sick

3. **Dan:** What _____ wrong?

Answer: is

4. **Emma:** I am also very _____. Can I have some water?

Answer: thirsty

5. **Dan:** Yes! I hope you feel _____ soon.

Answer: better