

FLEYDO ENGLISH SCHOOL

KIDS (6-10) | PRE-A1 | SPEAKING | 30 MIN | FREE

How Do You Feel?

Learn to name your feelings and ask others how they feel!

WHAT YOU WILL LEARN

- ✓ Name **12 feelings**: happy, sad, angry, tired, scared, surprised, sick, hungry, thirsty, bored, excited, brave
- ✓ Use "**I am happy**" and "**I feel sad**"
- ✓ Ask "**How are you?**" and "**What's wrong?**"
- ✓ Use "**because**" to give a reason
- ✓ Use **He/She/They** + feeling

Part 1: Feelings Words

HAPPY feel good, smile	SAD feel bad, want to cry	ANGRY not happy, shout	TIRED need to sleep
SCARED feel afraid	SURPRISED did not expect!	SICK body not well	HUNGRY want to eat
THIRSTY want to drink	BORED nothing to do	EXCITED something great!	BRAVE not afraid, strong

Part 2: I Am... / I Feel...

Pattern	Example
I am + feeling.	I am <i>happy</i> .
I'm + feeling.	I'm <i>tired</i> . (short form)
I feel + feeling.	I feel <i>sad</i> .
I am not + feeling.	I am <i>not angry</i> . I'm OK!
I'm very + feeling.	I'm very <i>hungry</i> !

HE / SHE / THEY:

- **He is** happy. = **He's** happy. (boy/man)
- **She is** tired. = **She's** tired. (girl/woman)
- **They are** excited. = **They're** excited. (more than one)

Part 3: How Are You?

Question	Answer
How are you?	I'm happy! / I'm fine , thank you.
How do you feel?	I feel tired .
Are you OK?	Yes, I'm OK. / No, I'm sad .
Are you hungry?	Yes, I am! / No, I'm not.
How is she?	She is excited!
What's wrong?	I'm sick . / I'm sad .

Part 4: Why? Because!

Feeling	Why? (because...)
I'm happy	because it's my birthday!
I'm sad	because my friend is away.
I'm angry	because he took my toy.
I'm tired	because I played all day.
I'm scared	because it's dark.
I'm hungry	because I didn't eat lunch.
I'm excited	because we're going to the park!
I'm bored	because there's nothing to do.

BECAUSE = THE REASON WHY! "Because" answers the question "Why?". Example: I'm happy **because** I got a new toy.

Part 5: Practice Activities

Activity 1: Feelings Quiz

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|--------------------------------------|--|
| 1. You smile, feel good. | a) Sad b) Happy c) Angry d) Scared |
| 2. "I ___ tired." | a) am b) is c) are d) have |
| 3. You want to eat food. | a) Thirsty b) Hungry c) Tired d) Bored |
| 4. "I'm happy ___ it's my birthday!" | a) and b) because c) but d) or |
| 5. "___ is she?" — "She is sad." | a) What b) How c) Where d) Who |
| 6. Something great is coming! | a) Bored b) Angry c) Excited d) Sick |

Activity 2: Fill in the Blanks

Word box: happy, sad, angry, tired, scared, hungry, thirsty, excited

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| 1. It's my birthday! I'm very _____ ! |
| 2. My friend moved away. I feel _____ . |
| 3. He took my pencil! I am _____ ! |
| 4. I played all day. Now I'm _____ . |
| 5. It's dark and I hear a noise. I'm _____ ! |
| 6. I didn't eat lunch. I'm very _____ . |
| 7. I need water! I'm so _____ ! |
| 8. We're going to the park! I'm so _____ ! |

Part 6: Speaking Practice

- How do you feel right now? Say it!
- When do you feel happy? Sad? Scared? Excited?
- Ask your friend: "How are you?" — they answer with a feeling.
- Make the face for each feeling. Can your partner guess?

Dialogue: Are You OK?

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| Lily: | Hi Tom! How are you? |
| Tom: | I'm sad today. |
| Lily: | Oh no! What's wrong? |
| Tom: | My cat is sick. |

Lily: I'm sorry. I hope your cat feels better soon!

Tom: Thank you, Lily. You are a good friend.

Creative Task: Write a Feelings Diary — how you feel each day + why!

Part 7: Let's Review!

- I can name **12 feelings** in English
- I can say "**I am happy**" and "**I feel sad**"
- I can ask "**How are you?**" and answer
- I can use "**because**" to explain why
- I can use **He/She/They** + feeling
- I can ask "**What's wrong?**"

CONGRATULATIONS!

You can now talk about your feelings in English! It's OK to feel any feeling!

Answer Key (For Teachers)

Activity 1:

1. b) Happy
2. a) am
3. b) Hungry
4. b) because
5. b) How
6. c) Excited

Activity 2:

1. happy
2. sad
3. angry
4. tired
5. scared
6. hungry
7. thirsty
8. excited