



CEFR A1 · VOCABULARY & SPEAKING

How Do You Feel? 😊

Learn feeling words like happy, sad, tired and hungry. Say how you feel: "I'm happy." / "Are you tired?"

Name: _____ Class: _____ Date: _____

1 Warm-up

GET READY

Think about these questions, or talk with a partner. You do not need to write.

1. How do you feel today? Happy? Tired?
2. What makes you happy?
3. When do you feel hungry?
4. Can you show a happy face and a sad face?

2 Feeling Words & "I'm..."

LANGUAGE FOCUS

Feeling Words. Look at the face and say the word out loud.

happy	sad	tired	hungry	thirsty	scared
angry	bored	excited	cold	hot	fine

Saying How You Feel: "I'm..." Use the verb to be (am / is / are). Do NOT use "have".

I + am ('m) + happy. → I'm happy.

He / She + is ('s) + tired. → She's tired.

You / We / They + are ('re) + hungry. → We're hungry.

Short forms

I am → I'm

he is → he's

she is → she's

we are → we're

they are → they're

Asking "How are you?" & "Are you...?" Put are / is at the start.

QUESTION	ANSWER
How are you?	I'm fine, thanks. / I'm tired.
Are you happy?	Yes, I am. / No, I'm not.
Are you hungry?	Yes, I am. I want food!
Is she sad?	Yes, she is. / No, she isn't.

Yes, I am.

No, I'm not.

I'm fine, thanks.

How about you?

3 Key Vocabulary

WORDS TO LEARN

WORD	MEANING	EXAMPLE
happy <i>ADJ.</i>	you feel good and you smile	<i>I'm happy today!</i>
sad <i>ADJ.</i>	you feel not good; you want to cry	<i>She is sad because her cat is sick.</i>
tired <i>ADJ.</i>	you need to sleep or rest	<i>I'm tired after school.</i>
hungry <i>ADJ.</i>	you want to eat	<i>We're hungry. Let's have lunch!</i>
thirsty <i>ADJ.</i>	you want to drink	<i>I'm thirsty. I need some water.</i>
excited <i>ADJ.</i>	very happy about something soon	<i>He's excited about the trip.</i>
bored <i>ADJ.</i>	not interested; nothing to do	<i>I'm bored. Let's play a game.</i>
feel <i>VERB</i>	to have a feeling inside you	<i>How do you feel today?</i>
fine <i>ADJ.</i>	okay; good enough	<i>"How are you?" "I'm fine, thanks."</i>
because <i>CONJ.</i>	we use it to give a reason	<i>I'm happy because it's my birthday.</i>

How I Feel Today **Nora — Sweden**

Hello! My name is Nora and I am thirteen. Today I am very **happy because** it is the first day of summer. The sun is out and I am **excited** to see my friends. I **feel** great!

Omar — Egypt

Hi, I am Omar and I am twelve. It is a hot day, so I am very **thirsty**. I drink a lot of water. After football, I am **tired**, but I am happy too — my team won the game! Now I am also **hungry**, so I want dinner.

Mei — Taiwan

My name is Mei. I am fourteen. Today I feel a little **sad** because my best friend is sick and she is not at school. But my mum makes my favourite food for dinner, so tonight I feel better. Tomorrow I think I will be **fine**.

Leo — Italy

Hello! I am Leo and I am thirteen. It is Sunday and there is nothing to do, so I am a bit **bored**. But then my friend calls me, and we play football in the park. Now I feel happy and **excited**. A good friend can change your day!

5 Vocabulary Review

QUICK REVIEW

happy ADJ.

You feel good and you smile. Opposite of sad.
"I'm happy today!"

sad ADJ.

You feel not good. Opposite of happy.
"She is sad today."

tired ADJ.

You need to sleep or rest.
"I'm tired after school."

hungry ADJ.

You want to eat some food.
"We're hungry. Let's eat!"

excited ADJ.

Very happy about something soon.
"He's excited about the trip."

feel VERB

To have a feeling inside you.
"How do you feel today?"

6 Practice: Fill in the Blanks

YOUR TURN

Write a **feeling word** (happy, sad, tired...) or the verb **am / is / are** on each line.

- 1 I _____ happy today. *(to be' for I)*
- 2 She _____ tired after school. *(to be' for she)*
- 3 We are _____. Let's have lunch! *(you want to eat)*
- 4 The opposite of happy is _____. *(you want to cry)*
- 5 It is hot, so I am _____. *(you want to drink)*
- 6 "How are you?" "I'm _____, thanks." *(okay; polite)*
- 7 They _____ excited about the trip. *(to be' for they)*
- 8 I need to sleep. I am very _____. *(need to rest)*

7 Speaking: Feelings Interview

LET'S TALK

1. How do you feel today?
2. Are you happy or tired now?
3. What makes you happy?
4. When do you feel hungry?
5. How do you feel before a test?

EXAMPLE DIALOGUE

A: How are you today?

B: I'm happy! It's Friday. How about you?

A: I'm a bit tired, but I'm fine.

B: Are you hungry?

A: Yes, I am! Let's have a snack.

B: Good idea! That makes me happy too.

8 Writing Task

WRITE IT DOWN

Write 30–50 words about how you feel today and why.

- I use **I'm** or **I am** to say how I feel.
 - I use two **feeling words** (happy, tired, excited...).
 - I use **because** to give one reason.
 - I write one question with **"How are you?"** for a friend.
-
-
-
-
-

9 Comprehension Quiz

SHOW WHAT YOU KNOW

Circle the correct answer (A, B, C or D).

1. Choose the correct sentence:

- A I have happy.
- B I am happy.
- C I happy.
- D I is happy.

2. What is the opposite of happy?

- A tired
- B hungry
- C sad
- D fine

3. Which word means 'you want to eat'?

- A thirsty
- B hungry
- C tired
- D bored

4. She _____ tired.

- A am
- B is
- C are
- D be

5. Which word means 'you want to drink'?

- A hungry
- B scared
- C thirsty
- D excited

6. "How are you?" — Choose a good answer:

- A I'm fine, thanks.
- B Yes, I do.
- C I have ten.
- D It's blue.

7. In the reading, why is Nora happy?

- A it's her birthday
- B first day of summer
- C she is hungry
- D she is tired

8. We _____ excited about the trip.

A is

B am

C are

D has

Answer Key

FOR SELF-CHECK

Part 6 — Fill in the Blanks

1. **am** · 2. **is** · 3. **hungry** · 4. **sad** · 5. **thirsty** · 6. **fine** · 7. **are** · 8. **tired**

Part 9 — Quiz

1. **B** (I am happy) · 2. **C** (sad) · 3. **B** (hungry) · 4. **B** (is)

5. **C** (thirsty) · 6. **A** (I'm fine, thanks) · 7. **B** (first day of summer) · 8. **C** (are)