

# How I Feel

## 1. Warm-up

How are you today? Choose the picture about yourself.

				
I am angry	I am sad	I am OK	I am fine	I am happy

## 2. Lead-in

Think about your week. How often are you happy/ sad/ angry? What are your usual emotions (positive or negative)?

## 3. Vocabulary

Look at these pictures and match them with the words.

**Hungry hot angry tired sad thirsty cold worried bored happy stressed**





1. worried
2. bored
3. stressed
4. cold
5. happy
6. angry
7. tired
8. thirsty
9. sad
10. hot
11. hungry

#### 4. Grammar

Use be + tired, happy, sad, etc., for example, I am very hungry.  
Complete the rule.

I	am
you/we/they	are
he/she/it	is

## 5. Vocabulary practice

Describe the picture and create a sentence.



1. She is stressed.
2. He is tired.
3. They are cold.
4. They are hungry.
5. She is thirsty.

Create the sentences as in example. You can add your own examples.

Example: He is not hot, he is cold.

- She/not/sad/happy. She is not sad, she is happy.
- We/not/ tired/ stressed. We are not tired, we are stressed.
- I/ not/ bored/ hungry. I am not bored, I am hungry.
- You/ not/ stressed/ angry. You are not stressed, you are angry.

## 6. Grammar

Read the dialog.

**Anna:** Hey, Ben! Let's go to the park for a picnic!

**Ben:** That's a great idea! Let's take a blanket and some food.

**Anna:** Good idea. Pack the sandwiches, please.

**Ben:** Sure! Pass me the basket.

**Anna:** Here you go. Don't forget the drinks!

**Ben:** Got it! Oh, and let's invite Sarah to join us.

**Anna:** Perfect! Call her now.

*Look at highlighted phrases and complete the chart.*

Imperatives	
+	<b>Pack</b> the sandwiches. <b>Pass</b> me the basket. <b>Call</b> her now.
-	<b>Don't forget</b> the drinks.
Suggestions	
<b>Let's</b> go. <b>Let's</b> take a blanket. <b>Let's invite</b> Sarah.	

Complete the dialogue with Let's ... and the verb in the list.

**ask stop have go home**

- A I'm tired.  
B OK. **Let's stop** and sit down.
- A I'm hungry.  
B Me too! **Let's have** a sandwich in the cafe.
- A Where is the bus station?  
B I don't know. **Let's ask** that man.
- A It's very late.  
B Yes. **Let's go home**.

## 7.Speaking

Student A says how he/she feels.

Student B makes the imperatives or suggestions. Use the ideas from the list.

For example: - I am hungry.

- Let's have a sandwich.

- open/close the window/door
- watch TV
- go to the park
- bring some water
- relax
- read a book
- go to bed
- (not) worry
- call a friend
- take a vacation