

I feel great!

COMMUNICATION

LEVEL
Beginner

NUMBER
EN_BE_1236X

LANGUAGE
English

lingoda

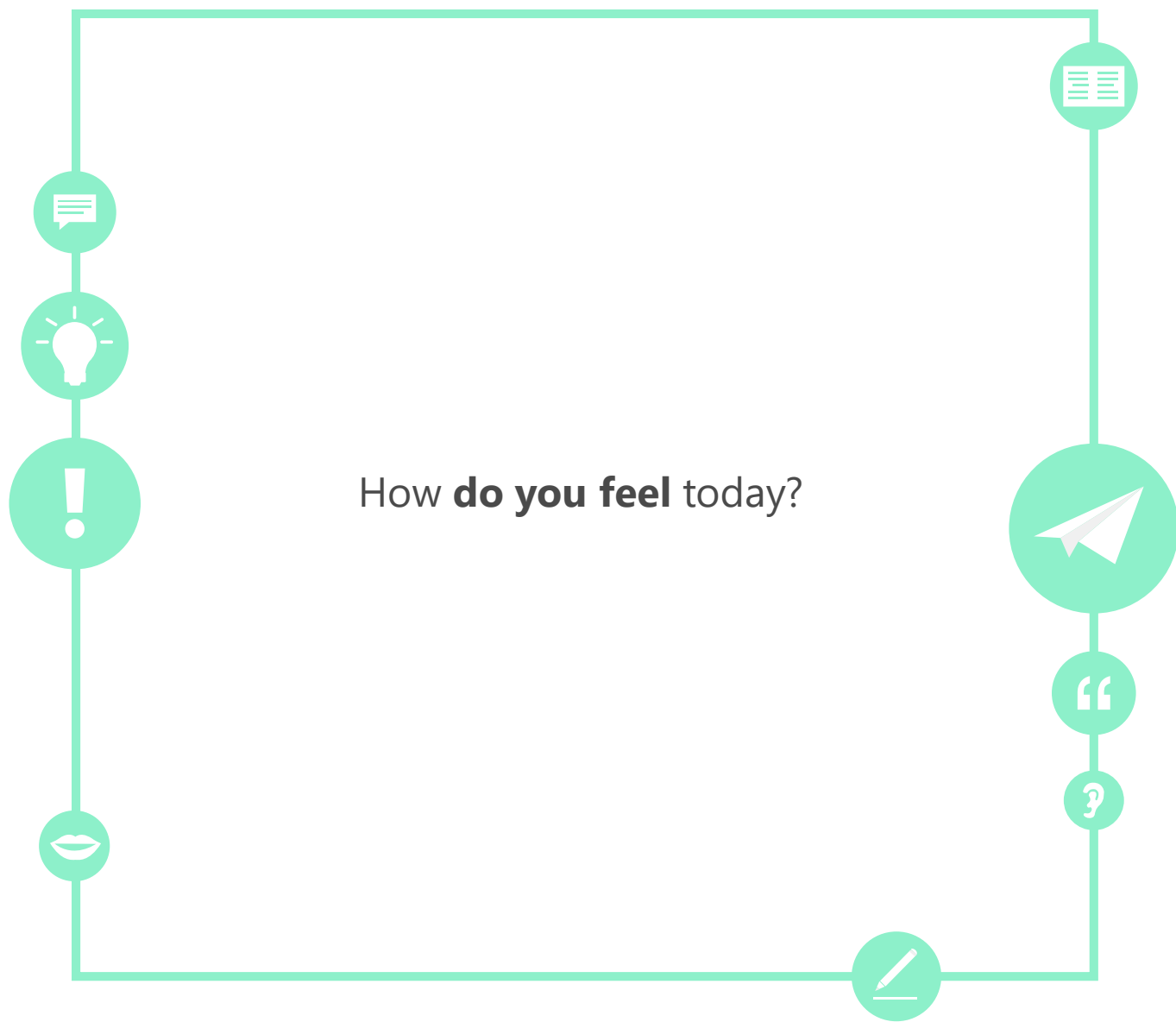




Goals

- Can recognise and understand basic words and phrases related to the body and emotions
- Can use new words to have a simple conversation about my body, emotions and health at work







Preview and warm-up

- In this lesson, you will learn to talk about your **body** and **how you feel**.



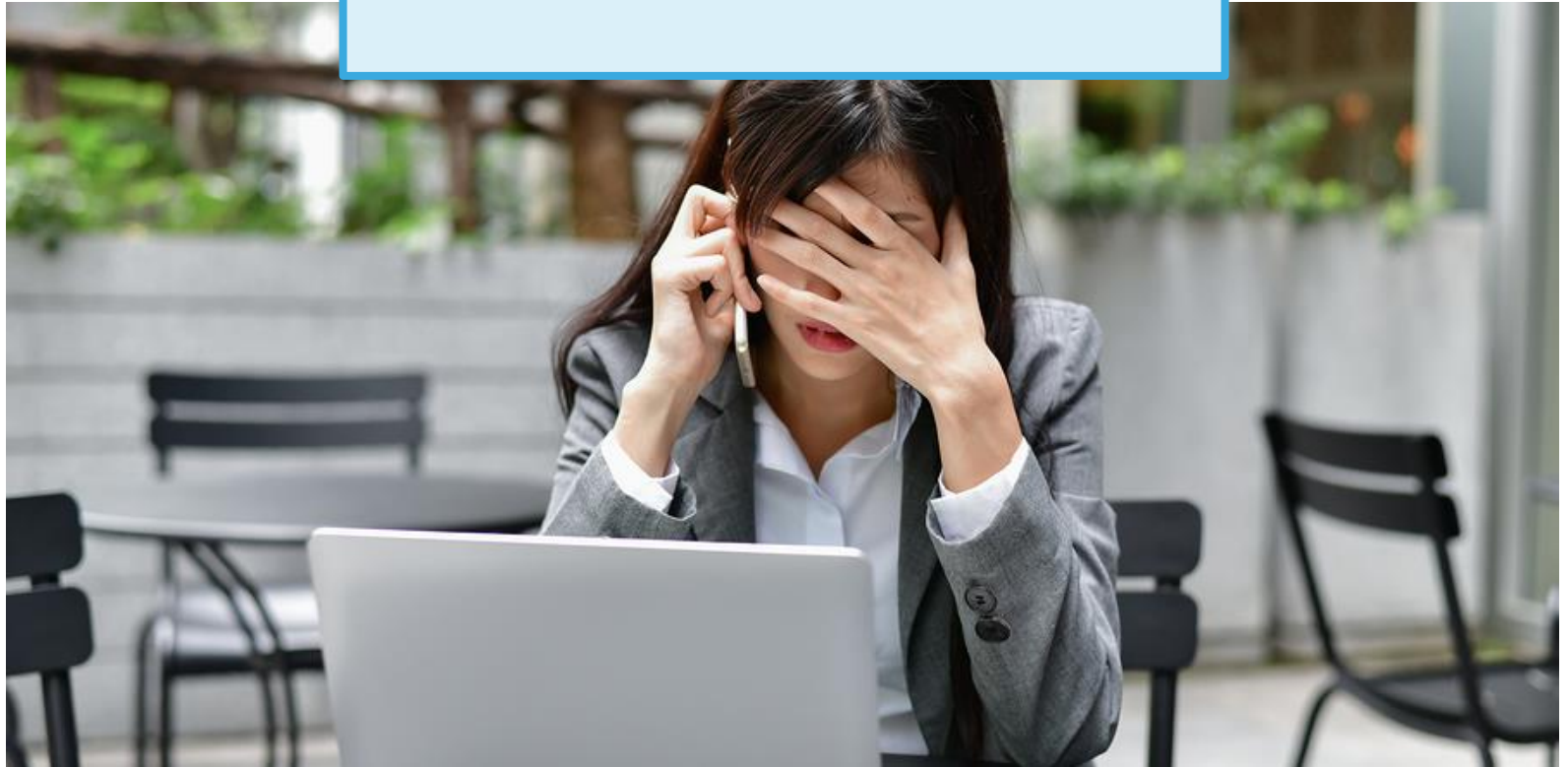
I'm a bit **worried** today.

happy



I am smiling because I am **happy**.

sad



Today she feels **sad**.

to move



I feel happy when I **move** my body.

to live



I **live** in New York City.

to breathe



They are **breathing** deeply.



Talking about feelings



Are you **happy** or **sad**?

I am **happy** because I **live** in a great city.



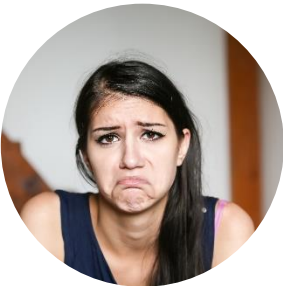


Talking about the body



We need **to breathe** in order **to live**.

We feel **happy** because it is a sunny day.



Sometimes we all feel **sad**.

You have **to move** several body parts at the same time to swim.





Match the sentences to the pictures

1. She is very sad today.

2. We live in Boston.

3. I am moving my body!

4. He feels happy.



A



B



C



D



Match the sentences

1. I am not sick.

a. I feel sad.

2. I have no friends.

b. I feel healthy.

3. I did not sleep very well.

c. Now I feel better.

4. Last week I was sick.

d. I am feeling tired.



Write sentences with the verbs below

to feel

to breathe

to live

to move



Talking about feelings

When we talk about emotions, we use the verb **to feel**, followed by the adjective.

Pronoun	Verb + adjective
I	feel angry with my boss today.
He	feels happy when I am at work.
She	is feeling sick today.



Talking about a colleague

This is my colleague and I. In this picture we are very _____. Sometimes when I _____ unhappy or _____ my colleague _____ me feel better. We really care about each other!



makes

happy

feel

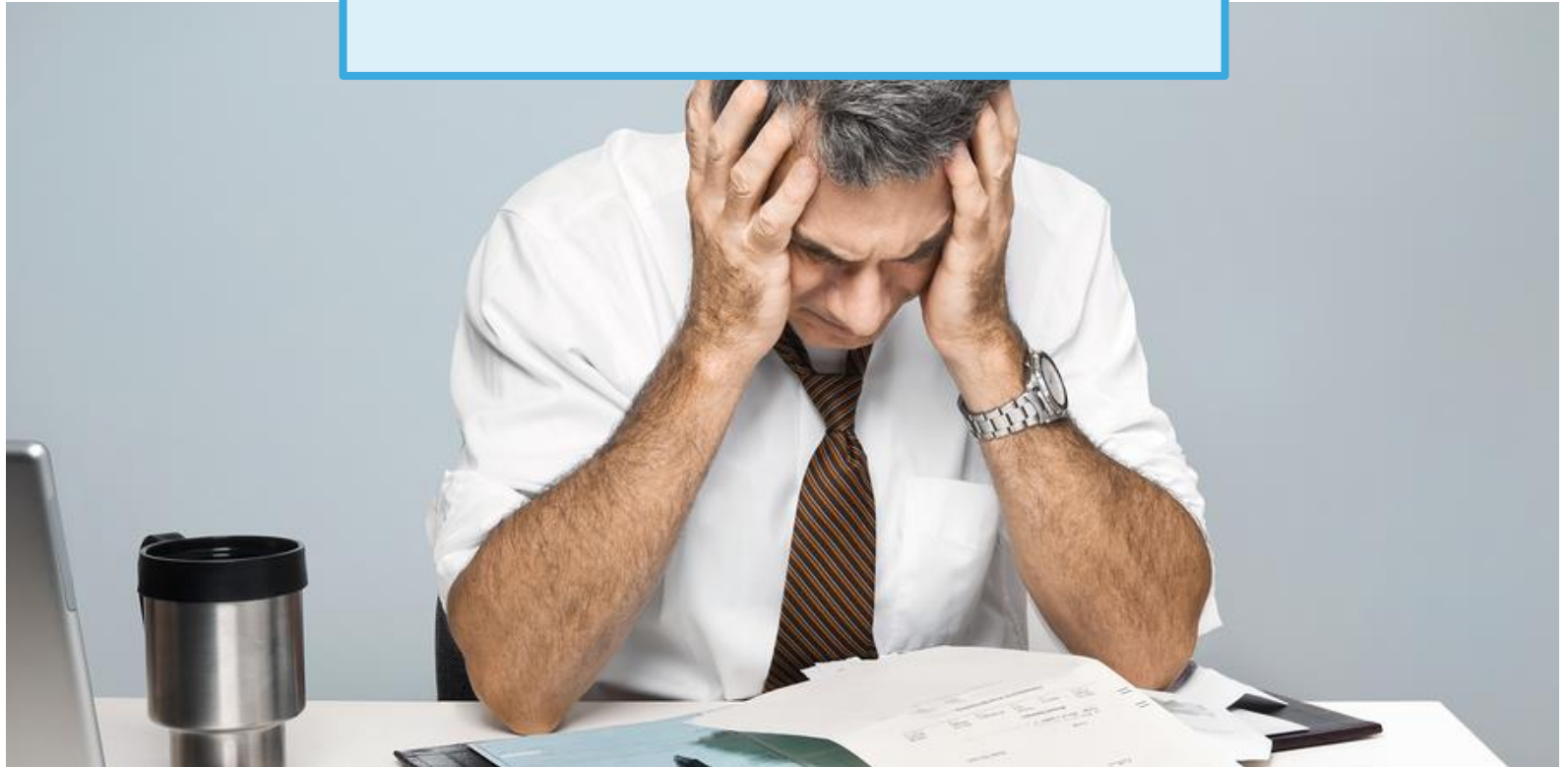
sad

to run



They are **running** out of the office.

worried



I am **worried** about the future.

tired



He works a lot and often feels **tired**.

angry



Usually I am happy, but sometimes I feel **angry**.

excited



She is **excited** about the weekend!



Talking about feelings



She is **worried** about something.

She looks very **tired**.





Talking about feelings



I love **to run** in the morning.

Today I feel **angry**, not **happy**.



I am **excited** to see you!

I hate feeling **tired**.





Make two lists with the words below

Verbs

Feelings

breathe

run

tired

happy

excited

move

angry

sad



Make sentences with these verbs

run

laugh

sleep

worry



How do you feel when you are sick?

excited great

ill sad

tired angry

happy worried



Vocabulary brainstorm

What other feeling words do you know?



What do you think?

How are these people feeling? Why?



She looks...



I think she is
_____ because...



What do you think?

How are these people feeling? Why?



She seems...



He looks
_____ because...



Small talk

Imagine you are at a company event. Make small talk with a colleague about how they are feeling.

tired

excited

worried

angry

happy

sick

sad

scared

great



Vocabulary brainstorm

Emotion alphabet

- Try to think of emotions or feelings that start with each letter of the alphabet.
- Ask your teacher for help!



Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no





Reflect on this lesson

**Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?**



If you have time, go over
the most difficult slides again



Answer key

Exercise p.11

1. D 2. C 3. B 4. A

Exercise p.12

1. B 2. A 3. D 4. C

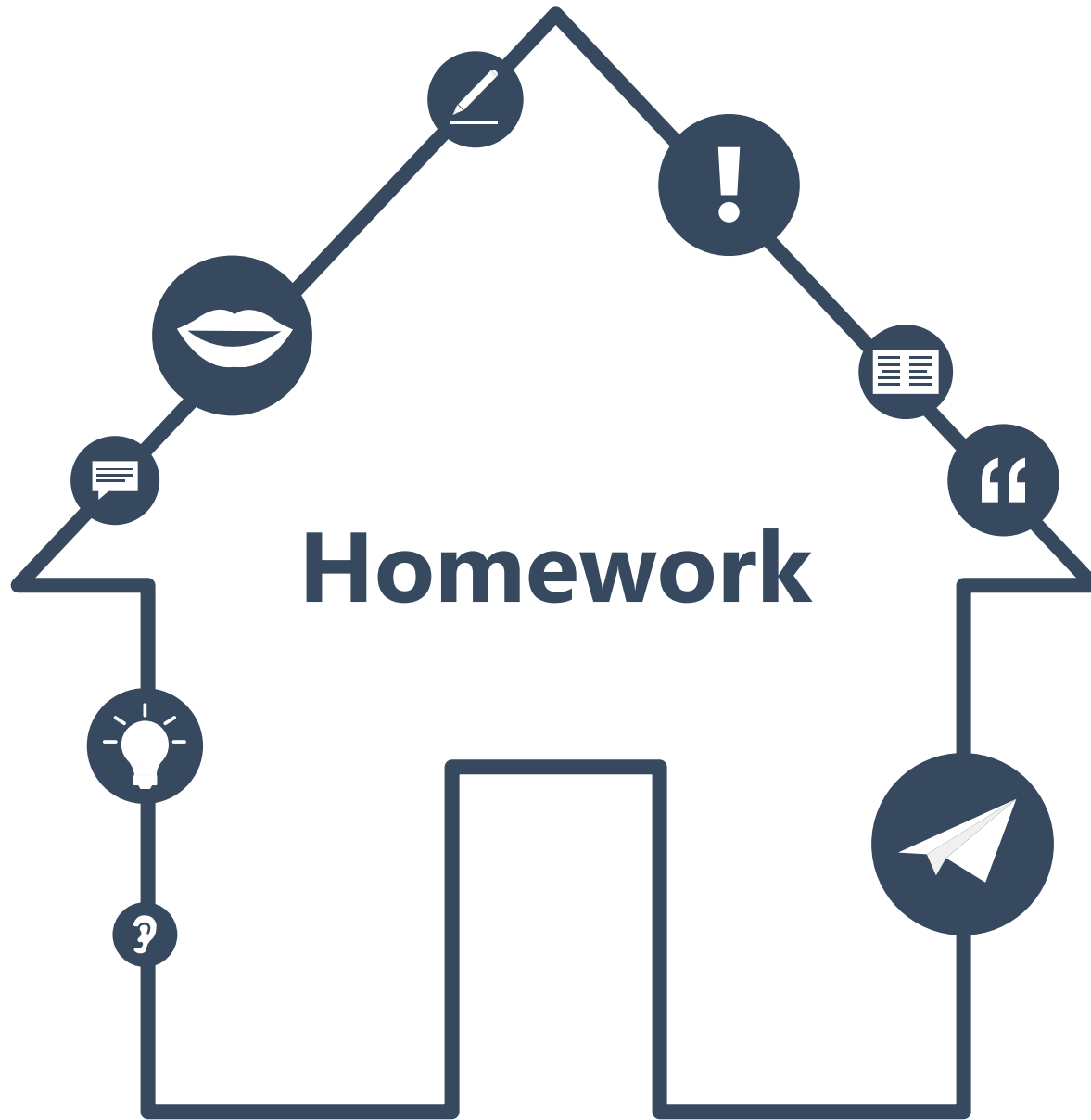
Exercise p.15

(in reading order)
happy; feel; makes; love

Exercise p.23

Verbs: breathe, run, move

Feelings: tired, happy, excited, angry, sad





Word search

Find the words!

1. happy
2. healthy
3. angry
4. tired
5. worried
6. sad
7. breathe

C	R	Q	G	H	N	M	L	Y
A	C	V	V	E	B	E	K	T
C	B	R	E	A	T	H	E	T
N	Q	D	F	L	T	A	N	E
G	A	U	R	T	D	P	K	O
Y	S	W	D	H	E	P	J	K
A	D	O	N	Y	U	Y	V	T
N	S	R	C	U	G	G	T	R
G	C	R	K	T	I	R	E	D
R	S	I	F	J	M	K	G	U
Y	C	E	R	Q	K	L	B	Y
Z	X	D	F	J	S	A	D	F



Vocabulary lists

**Check the first five words of the lesson.
Sort them into two lists.
Give your lists a name.**

List 1: _____

List 2: _____



My favourite words

**Choose five words or phrases from the lesson
and write them down in your list of *My favourite words*.**

My favourite words

Word one

Word two

Word three

...



Make flashcards

Make flashcards out of paper and copy down four words or phrases from this lesson that are hard for you.





Sentences in the third person plural

**Choose five example sentences from this lesson.
Copy them and rewrite them about
a group of people (or using the pronoun *them*).**

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Examples:

She is a doctor

→ Hannah and James are doctors.

He speaks English and French

→ They speak English and French.

...



Word search answer key

Find the words!

1. happy
2. healthy
3. angry
4. tired
5. worried
6. sad
7. breathe

				H				
				E				
	B	R	E	A	T	H	E	
				L		A		
				T		P		
		W		H		P		
A		O		Y		Y		
N		R						
G		R		T	I	R	E	D
R		I						
Y		E						
		D			S	A	D	



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