



Feelings



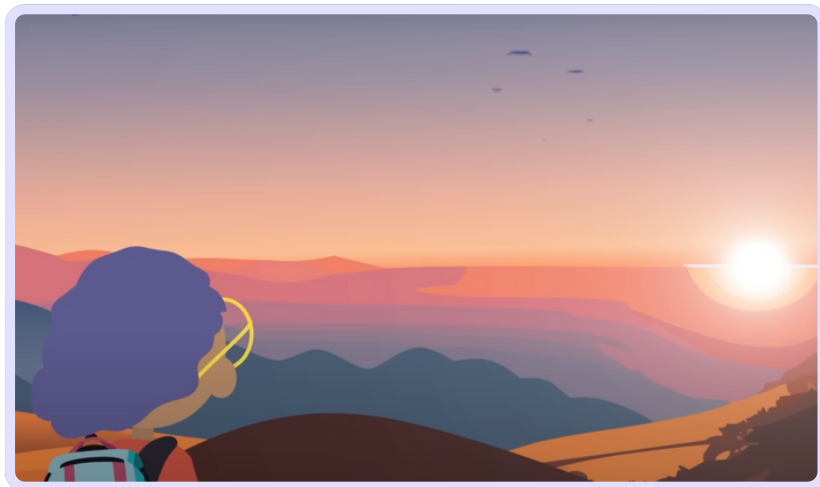
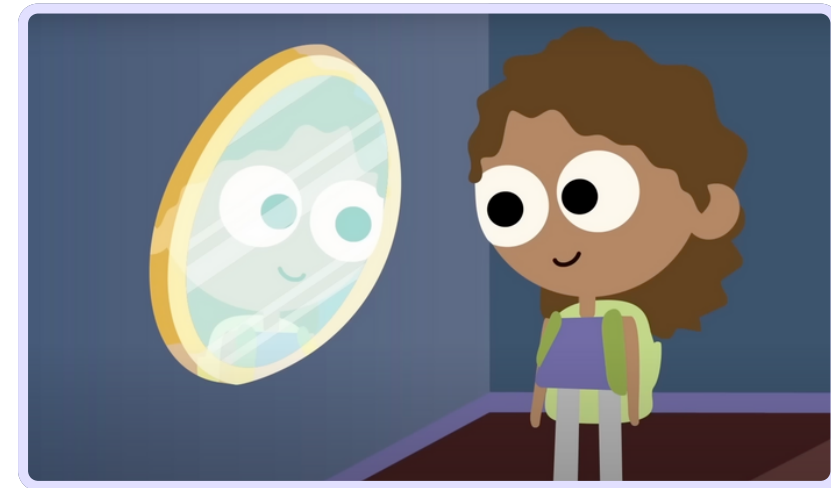
Warm-up

How would you feel if...?

1. ...your best friend forgot your birthday?
2. ...you won a free trip to another country?
3. ...you had to sing in front of the whole class or your friends?
4. ...your pet ran away and came back the next day?
5. ...you found money on the street?
6. ...you moved to a new place and didn't know anyone?

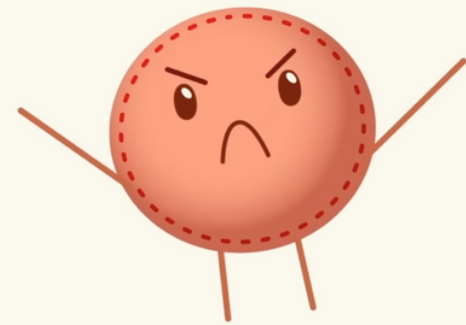
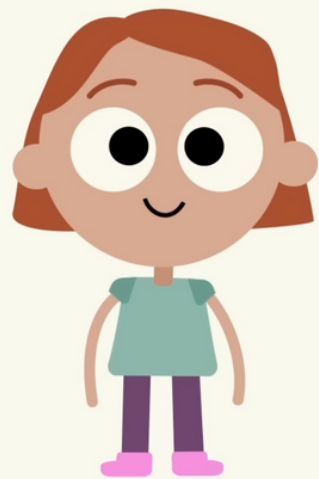
Discussion

Look at the pictures. What do you think is happening?



Song

Before listening to the song, read the quote. What do you think it means?

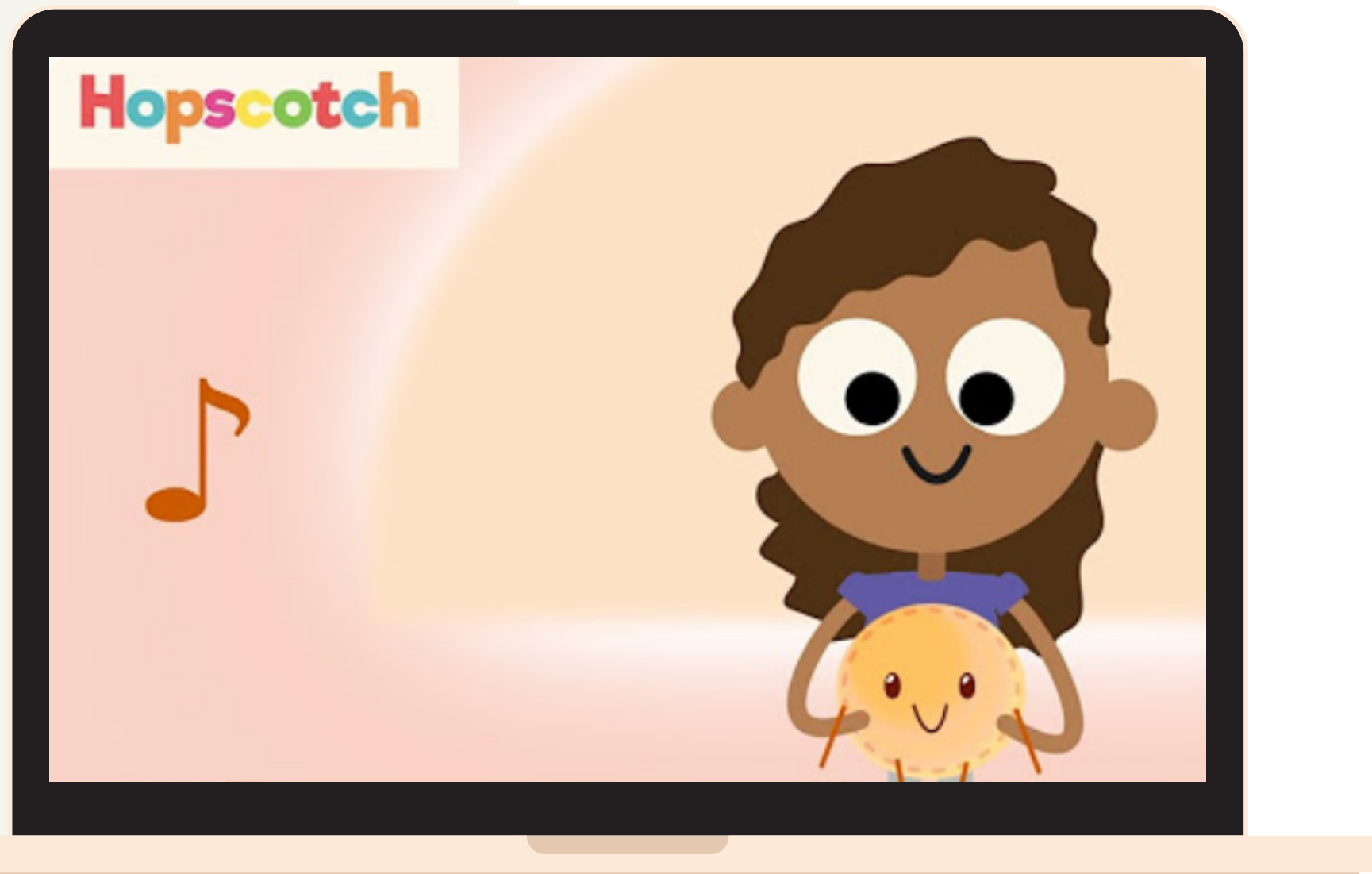


This feeling is a message from my brain.

I'll **give it time**, I'll **give it a name**.

It has a place, I'll **give it space**.

All my feelings are OK.

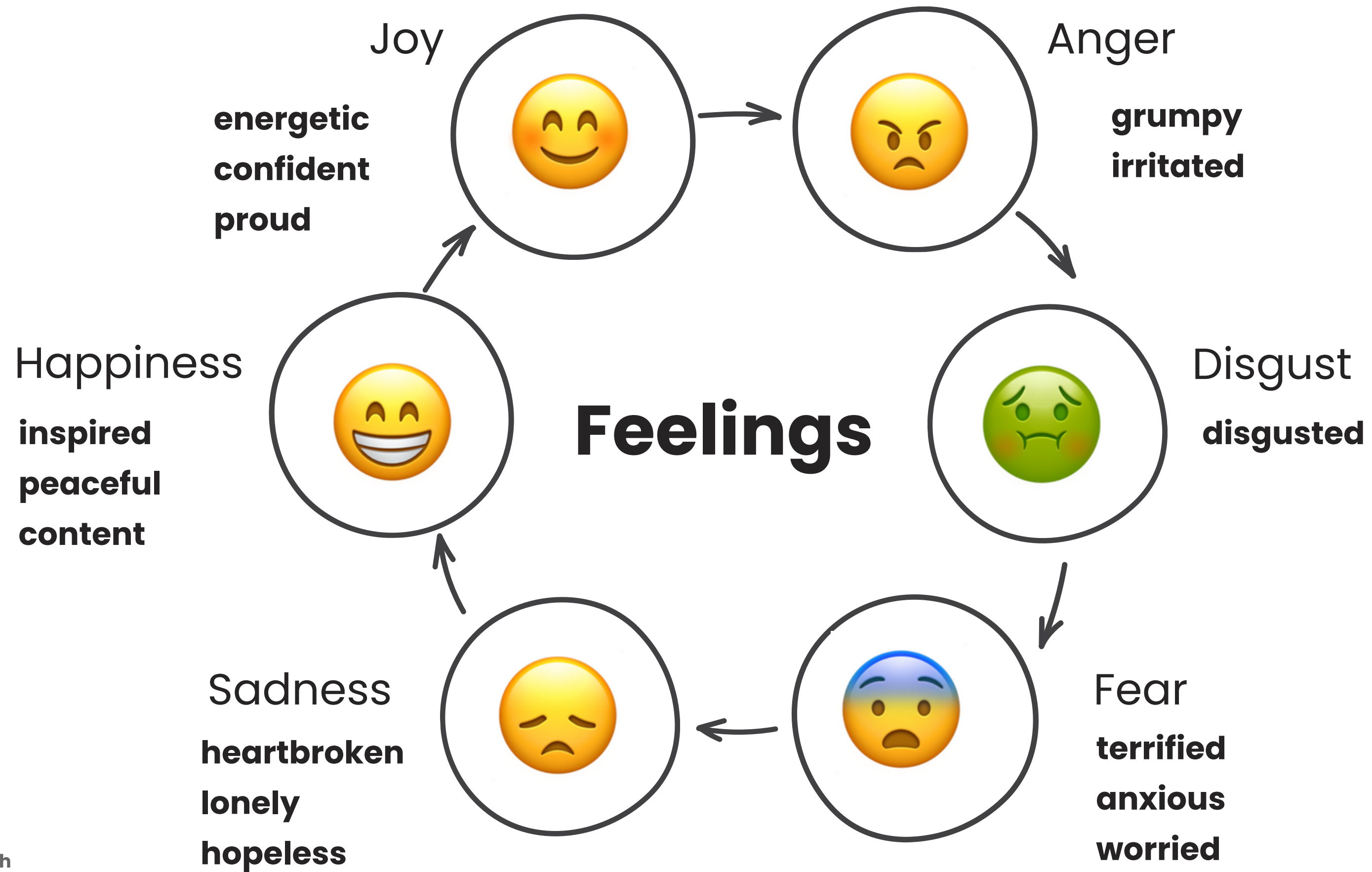


Video

The Feeling Song

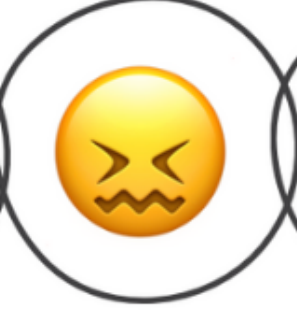
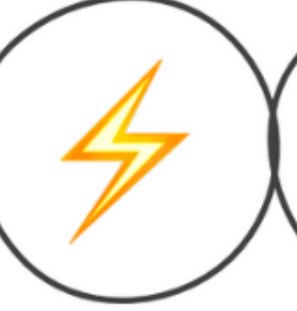
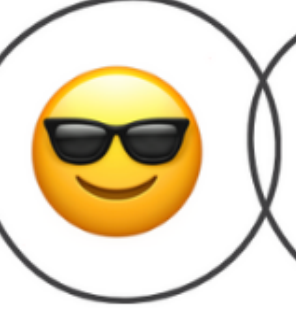
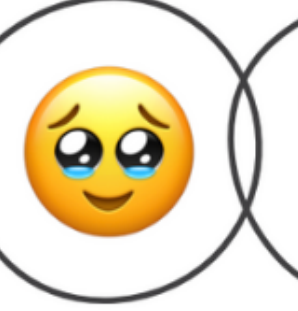
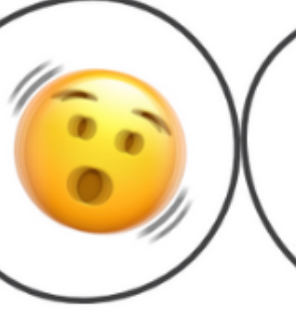
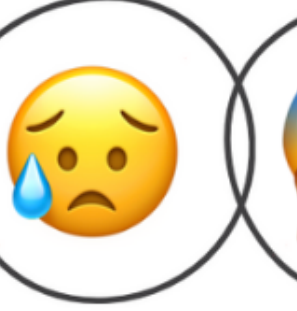
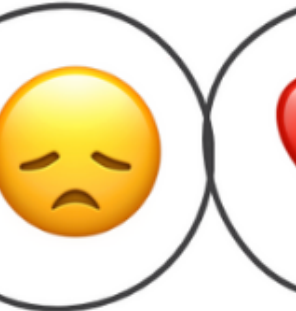
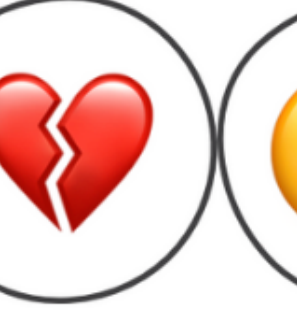
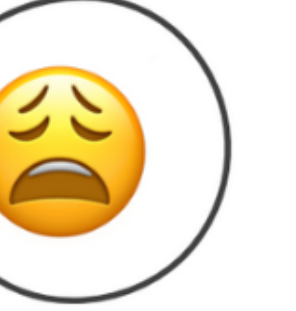
Duration 4:28

Let's watch and listen carefully. Pay attention to the feeling words in the song.



Vocabulary

Match the words with the correct emojis.

			terrified								
confident					lonely		heartbroken			worried	
											
	anxious			energetic			proud				
		grumpy			irritated		disgusted			hopeless	

Practice

Write which feeling best fits each situation.

1. You are alone in a dark forest at night.
2. You got a good result in the test.
3. You have just lost your phone on the bus.
4. You are waiting for an important exam result.
5. You saw a bug in your sandwich.
6. You gave a speech and did really well.
7. You helped your friend to solve the problem.
8. You spent the weekend at home without talking to anyone.
9. You travelled to another country and really enjoyed it.

→ _____

→ _____

→ _____

→ _____

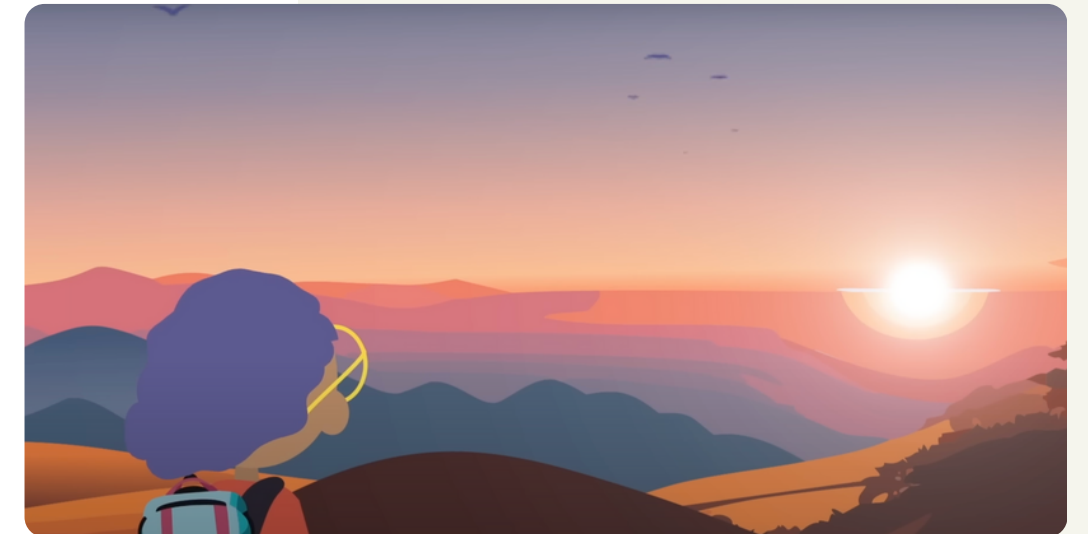
→ _____

→ _____

→ _____

→ _____

→ _____



Adjectives -ing and -ed

Read the rules and take notes if needed.

to describe
the **thing or
situation**



terrifying
worrying
irritating
disgusting
inspiring
annoying
relaxing

terrified
worried
irritated
disgusted
inspired
annoyed
relaxed



to describe
the person's
feeling

Adjectives -ing

Read the rules and take notes if needed.

to describe
the **thing or**
situation



terrifying
worrying
irritating
disgusting
inspiring
annoying
relaxing



🍿 **This movie** is terrifying.

💥 **This noise** is irritating.

🌅 **This trip** is inspiring.

Adjectives -ed

Read the rules and take notes if needed.

to describe
the person's
feeling



terrified
worried
irritated
disgusted
inspired
annoyed
relaxed



I am terrified. 🤖

I feel irritated. 😞

I feel inspired. 🤖

Practice

Fill in the blanks with the missing adjectives.



Last Friday, our class went on a trip to the old castle.

The bus ride was long and b _____ , so some students fell asleep.

When we arrived, we heard a t _____ noise coming from the dark tower. We all felt really w _____ !

Then we saw the dining hall. The food on the table looked d _____. Nobody wanted to eat it, and some students felt completely d _____ .

When the trip was over, we got back on the bus.

Everyone was t _____ but also r _____ that it was over. We laughed, shared our stories, and felt much better.

Discussion

What do you usually do when you **feel sad**?

How can you make yourself **feel better**?



Reading

Eat healthy food

Healthy snacks give you energy and help you feel less tired.

Talk to people

Spending time and laughing with others can help you feel safe and less lonely.

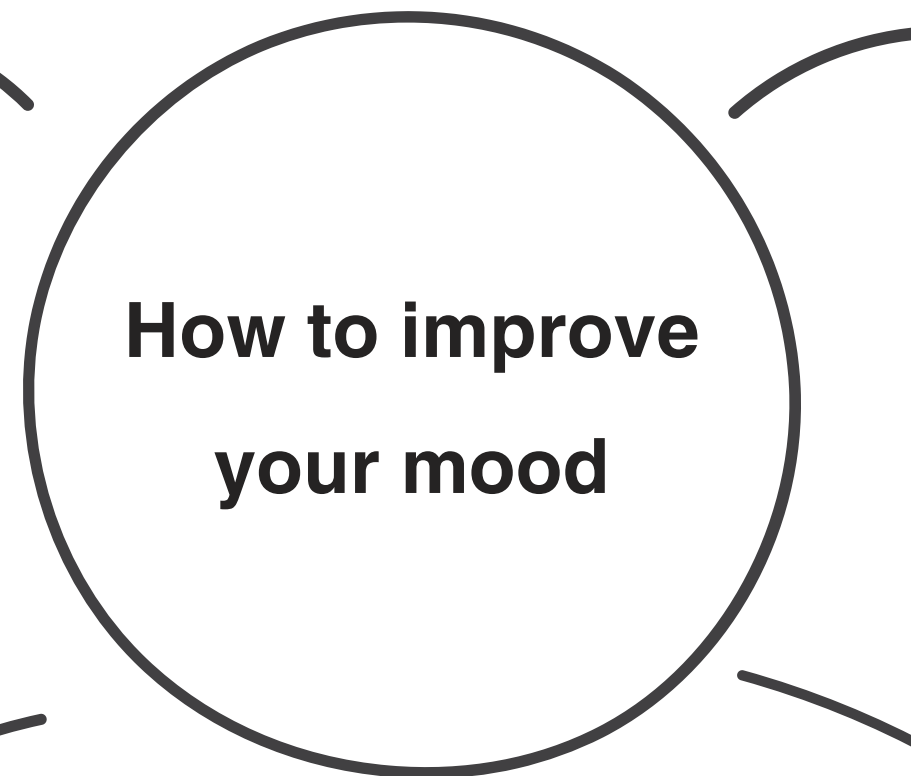


Move your body

Exercise makes your brain produce hormones called **endorphins**, which can make you feel happier and calmer.

Enjoy your hobby

Fun or creative activities can help you feel relaxed and inspired.

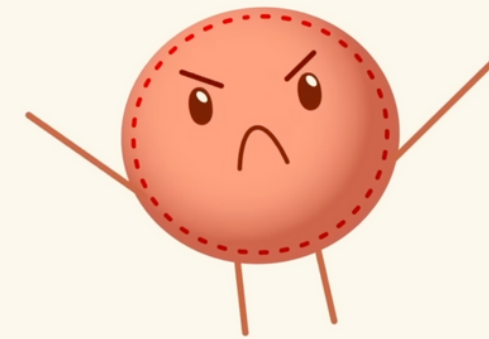
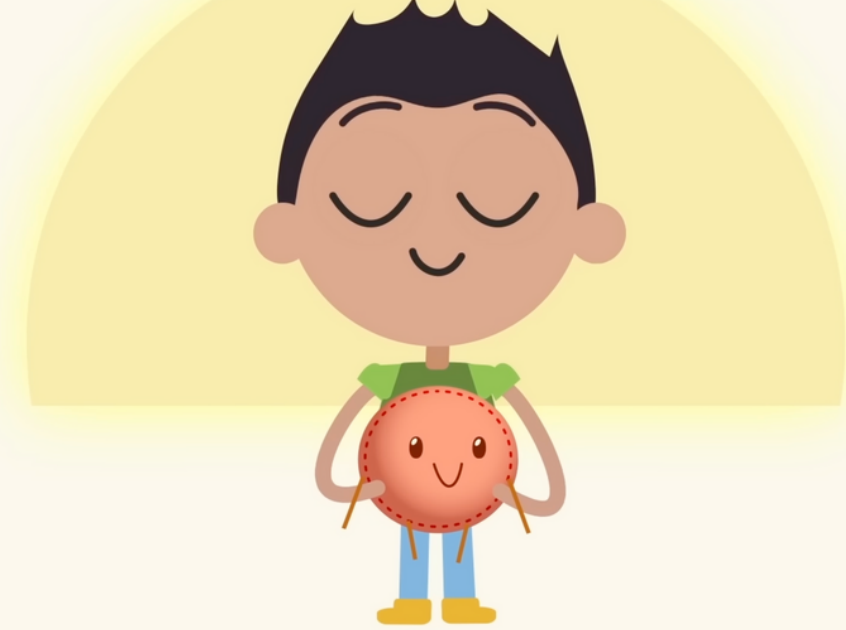


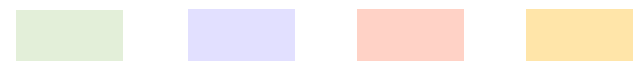
Writing

Write three more tips about what helps you feel better and explain why.

Example:

When I feel sad, I enjoy dancing and listening to my favourite music. Moving my body helps me feel relaxed and energetic.





**Thanks for being
here
today.**

Do you have any
questions?

