

TALKING ABOUT EMOTIONS & FEELINGS

Level 1(A2)

Talking about emotions & feelings

Focusing on vocabulary for emotions & feelings

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Introduction

- What makes you happy?
- What makes you angry?
- What makes you sad?



Vocabulary

Make a list of positive and negative feelings

For example:

- **Anger**
- **Happiness**
- **sadness**

Vocabulary input

Click on the link and answer the questions:

[Quizelt](#)



Vocabulary

Enthusiastic

She was really enthusiastic about going on holiday

A feeling when you are very happy about something

Content

I'm really content with my life

A feeling of happiness and peacefulness

Optimistic

I'm very optimistic and think that everything will be ok.

A feeling of happiness when you are hopeful and confident that the future will be good..

Excited

She was really excited when she heard her favourite singer was coming to town.

A feeling of happiness when you are very enthusiastic and eager.

Vocabulary

Frustrated

I was really frustrated after trying it 10 times and it still didn't work.

Angry because of something that does not work like you want it to work

Jealous

He was really jealous when she got a new car from her parents

Being angry because someone has something you want

Annoyed

I was annoyed when she repeated herself 10 times.

Being a little bit angry because something small makes you angry

Enraged

When he saw that man kick the dog, he got really enraged.

Very very angry because something big and you might want to hit someone



Speaking

1. When was the last time you were **enthusiastic about something**?
2. Are you **content with** your life, or is there something you would like to change?
3. Are you **optimistic** or **pessimistic**?
4. What **makes** you **excited**?
5. Do you ever **get frustrated**?
6. Do you sometimes **get jealous**?
7. Are there things that **annoy** you?
8. Have you ever been **enraged**?



Error correction

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Vocabulary input

Click on the link and answer the questions:

[Quizelt](#)



Vocabulary

Amazed

I was really **amazed** when I saw the Pyramids for real

You are really surprised about something good

Confused

I don't understand what you are saying, I'm really **confused**.

You don't really understand what is happening

Moved

When I saw Tom help his little sister. I was really **moved** by it.

You are surprised about something good that happened and it makes you feel good.

Shocked

I was **shocked** to hear she had had an accident.

You are surprised about something bad that happened and it makes you feel bad



Vocabulary

Terrified

I'm **terrified** about the exam, I haven't studied anything yet.

You are really really scared about something

Nervous

I'm always **nervous** the first time I meet new people

Scared because you think something bad is going to happen

Insecure

I'm very **insecure** about the way I look. I don't think I am beautiful.

When you are scared because you don't think you are not good enough and not really confident about yourself or the things you do.

Worried

I'm **worried** that my mom will be angry because I failed my test.

When you are scared because of some problems

Speaking

1. When was the last time you were **amazed** by someone/or something?
2. Are you sometimes **confused** about things?
3. Have you ever seen a movie that **moved** you so much you cried?
4. Have you ever been **shocked**?
5. Is there anything that makes you feel **terrified**?
6. Are you sometimes **nervous** about something?
7. Are you sometimes **insecure** about yourself?
8. Are there things that make you feel **worried**?



Error correction



Vocabulary consolidation

Tell your partner which vocabulary you remember

