



Teacher's guide

Expressing Feelings and Mood States - Pre-Intermediate (A2-B1)

Canva Presentation Link: [🌐 Expressing Feelings and Mood States](#)

Editable Presentation Link: [🌐 Expressing Feelings and Mood States](#)

Editable Worksheet Link: [🌐 Student Worksheet: Expressing Feelings and Mood States](#)

Warm-up

Part 1. Students discuss the questions.

Definition matching

Part 1. Students match each word to its correct definition.

Answer key:

1. Anxious
2. Excited
3. Tired
4. Relaxed
5. Stressed
6. Calm

Dialogue activity

Part 1. Students read the dialogue and underline all the phrases used to express feelings, respond empathetically and ask about others.

Express feelings: I feel... / I'm a bit... / I'm really... / I'm feeling...

Responding empathetically: That sounds tough. / Hope you feel better soon.

Asking about others: What's up? / How about you?

Gap-fill

Part 1. Students complete the dialogue with the correct forms of the phrases in the box.

Suggested answer key:

1. I feel
2. I'm a bit
3. That sounds tough
4. Hope you feel better soon
5. I'm feeling
6. How about you?
7. I'm really

Speaking Practice: Role Play

Part 1. In pairs, students use the Role-Card below and the language from Steps 2–5. Then, students swap roles and try a new scenario e.g.

- Preparing for a job interview (anxious vs calm)
- After a long day of travel (tired vs excited)
- Before a fitness challenge (nervous vs motivated)

Encourage use of at least three different structures.

Personal Reflection

Part 1. Students write/say 3–5 sentences about how they are feeling this week. Encourage students to use at least three different phrases.