

Expressing Feelings and Mood States

Pre-Intermediate (A2-B1)



WARM UP

Part 1. Discuss the following questions.

1. How are you feeling today? Why?
2. What usually makes you feel relaxed?
3. Have you ever felt anxious before an event? Describe it.
4. How do you cheer up a friend who is sad or stressed?



DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Tired	Stressed	Relaxed
Anxious	Excited	Calm

1. _____ feeling nervous or worried about something
2. _____ feeling happy and looking forward to something
3. _____ feeling a lack of energy or needing rest
4. _____ feeling free from tension or anxiety
5. _____ feeling under pressure because of problems or responsibilities
6. _____ feeling peaceful and not upset

DIALOGUE ACTIVITY

Part 1. Read the dialogue. Underline all the phrases used to express feelings, respond empathetically and ask about others.

- A:** Hi, you look a bit tired. How are you feeling today?
B: I feel tired today. I'm a bit stressed about work.
A: That sounds tough. Hope you feel better soon.
B: Actually, I'm feeling quite calm after my morning walk. How about you?
A: I'm really excited about the weekend.
B: That's great! Thanks for sharing.



GAP-FILL

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

How about you?

I feel...

I'm feeling...

Hope you feel better soon...

I'm a bit...

That sounds tough.

I'm really...

A: Hey, you look a bit tired. _____ also _____ (1) tired today.

B: Yeah, it's been busy. _____ (2) stressed about work.

A: _____ (3). _____ (4).

B: Actually, _____ (5) quite calm after my morning walk. _____ (6).

A: _____ (7) excited about the weekend.

B: That's great! Thanks for sharing.



SPEAKING PRACTICE: ROLE PLAY

Part 1. In pairs, use the Role-Card below and the language from Steps 2–5. Then swap roles.

How about you?

I feel...

I'm feeling...

Hope you feel better soon...

I'm a bit...

That sounds tough.

I'm really...

Role-Card A: You've had a busy week and feel a certain way. Express your feelings and ask about your partner.

Role-Card B: Respond with empathy and share your own feelings, using at least three different structures.

Other scenarios to try:

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

PERSONAL REFLECTION

Part 1. Write/say 3–5 sentences about how you are feeling this week. Use at least three different phrases from today's lesson.

- 1.
- 2.
- 3.
- 4.
- 5.