


How are you feeling?

Talking about your feelings is an important part of everyday conversation. Use the present continuous to talk about how you're feeling.

 **New language** "Feeling" and emotions

Aa Vocabulary Adjectives of emotions

 **New skill** Talking about your feelings

TIP

"Feel" is a state verb that can be used in continuous forms.

7.1 KEY LANGUAGE TALKING ABOUT YOUR FEELINGS

You can use the verb "to be" plus "feeling" to talk about your feelings.

How **are you** feeling?

Use "how" as the question word.



I **am** feeling happy.

You can use different adjectives to describe your feelings.



7.2 HOW TO FORM TALKING ABOUT YOUR FEELINGS

SUBJECT + "TO BE"

I am

"FEELING"

feeling

FEELING ADJECTIVE

happy.

Use the verb "to be."

The adjective comes at the end of the sentence.

7.3 FURTHER EXAMPLES TALKING ABOUT YOUR FEELINGS



I'm feeling happy.



He is feeling angry.



You are feeling proud.



She is feeling excited.



I am feeling sad.



He's feeling scared.



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7.4 MATCH THE FEELINGS TO THEIR OPPOSITES

 happy	 bored
1  excited	 sad
2  angry	 miserable
3  nervous	 calm
4  relaxed	 confident
5  pleased	 stressed



7.5 FILL IN THE GAPS TO COMPLETE THE SENTENCES

We are feeling nervous.

- 1 Ben _____ bored.
- 2 Luis _____ irritated.
- 3 I _____ sad.
- 4 You _____ calm.
- 5 Kate and I _____ happy.
- 6 Gina _____ confident.
- 7 We _____ excited.
- 8 I _____ tired.



7.6 LISTEN TO THE AUDIO AND ANSWER THE QUESTIONS

Jack is feeling confident.

True ☐ False ☒

1 Jill is feeling happy.

True ☐ False ☐

2 Sami is feeling nervous.

True ☐ False ☐

3 Ian is feeling bored.

True ☐ False ☐

4 Lindi is feeling annoyed.

True ☐ False ☐

5 Jenny is feeling happy.

True ☐ False ☐

6 Jimmi is feeling excited.

True ☐ False ☐

7 Minna is feeling scared.

True ☐ False ☐

8 Aziz is feeling tired.

True ☐ False ☐

7.7 ANOTHER WAY TO SAY IT TALKING ABOUT YOUR FEELINGS

You can also ask how someone is, without using "feeling."

How are you?

Ask the question without using the word "feeling."



I'm really happy.

You can show how happy you are by using an adverb before the adjective.



7.8 HOW TO FORM TALKING ABOUT YOUR FEELINGS

SUBJECT + "TO BE"

I'm

Use the subject and the verb "to be."

ADVERB

very
really
so

Place these adverbs before the adjective to emphasize the strength of your feeling.

FEELING ADJECTIVE

happy.

7.9 FURTHER EXAMPLES TALKING ABOUT YOUR FEELINGS



I'm really angry.



You're very excited.



They're so sad.



I'm so bored.



7.10 REWRITE THE SENTENCES, ADDING ADVERBS

I am excited. (really)

I am really excited.

3 Lin is nervous. (very)

1 Joe's unhappy. (very)

4 She is confident. (very)

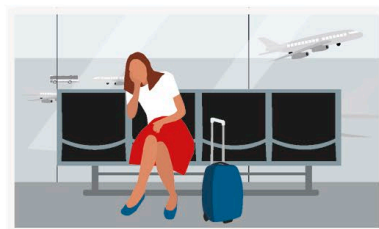
2 Bella and Edith are sad. (really)

5 They're tired. (so)

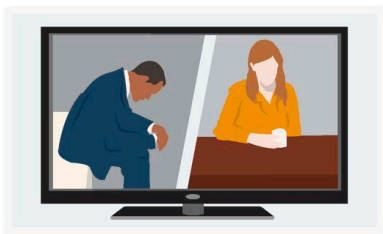




I'm having a great day at the beach. All my friends are here and we're playing volleyball. I'm really happy.



1 I'm at the airport. I'm waiting for the flight. I don't have a book. There's nothing to do. I'm really _____.



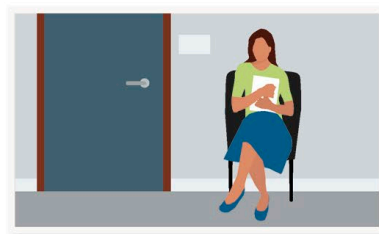
2 I'm watching a movie on TV. It's a love story. The man and his wife are in different countries. They're very _____.



3 We're at the concert. We're waiting for my favorite band in the world to come on stage. We're at the front. I'm so _____.



4 I'm at the supermarket. There's no milk, no butter, no flour, and no sugar. All the things that I need for the cake. I'm so _____.



5 I'm waiting to meet my new boss. She's talking to everyone in the office. I don't know what to say to her. I'm very _____.

sad

~~happy~~

bored

angry

excited

nervous



07 CHECKLIST

⚙️ "Feeling" and emotions ☐

Aa Adjectives of emotions ☐

🧩 Talking about your feelings ☐