

07 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

7.1 KEY LANGUAGE TALKING ABOUT YOUR FEELINGS

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

TIP

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

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"

"FEELING"

FEELING ADJECTIVE

I am

feeling

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.



Aa**7.4 MATCH THE FEELINGS TO THEIR OPPOSITES****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.



They're so sad.



You're very excited.



I'm so bored.



7.10 REWRITE THE SENTENCES, ADDING ADVERBS

I am excited. (really)

I am really excited.

1 Joe's unhappy. (very)

2 Bella and Edith are sad. (really)

3 Lin is nervous. (very)

4 She is confident. (very)

5 They're tired. (so)



Aa**7.11 FILL IN THE GAPS USING THE WORDS IN THE PANEL**

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