



Answer the questions below.

1. How are you feeling today?
2. What makes you feel this way?
3. Why is it important to know how we are feeling?
4. Why is it important to know how others are feeling?

Draw the emotion that you are feeling today. How about your classmate?

Two empty rectangular boxes for drawing. A large, diagonal watermark reads "NAZYWANIE EMOCJI" and "ĆWICZENIA". Below the boxes are two speech bubble-like shapes containing the text "HOW I'M FEELING" and "IS FEELING".

Fill in the gaps using the words below.

scared • angry • bored • excited • happy • sad

1. I feel when I'm home alone.
 2. My mum gets when I don't clean my room.
 3. My sister feels because her best friend is moving to another town.
- I can't wait for the party, it's going to be so much fun! I'm very
- Can you turn on the light? I feel in the dark.
- I love travelling! Visiting new places makes me feel

Ask your partner:

1. What makes you feel happy?
2. What do you do when you feel sad?

