



Access English Centre  
Immigrant Centre Manitoba  
Activity Plan - Beginner



Daily Conversation Skills Part 7 - "Are You Happy Today? - Feelings and Emotions

90 minutes

**Objective/Goal:**

This is a fun activity for participants to do so that they will learn how to express their own feelings or describe others' feelings and facial expressions. The purpose of this activity plan is for them to practice some basic daily conversational skills. The key frame sentences are "**How are you feeling today? Are you happy today? You look tired.**" **I am feeling OK today.**" **"I am tired.**

**Materials:**

Participants need: a worksheet of feelings and expressions, flash cards, and BINGO game cards.

Facilitator needs:

- whiteboard
- whiteboard markers

**Procedure:** Warm-up 15 min  
Work-out 60 min  
Cool-down 15 min

**Procedure**

Introduce commonly used facial and emotional vocabulary that describe a person's feelings and emotions. On the whiteboard write: "**How are you feeling today? Are you happy today? You look tired.**"

**"How is Fahmida feeling today? Is she happy? She looks very sad."**

**1. Warm-up Activity** First, pre-teach or review the following words and then lead the group to read them aloud a few times. Encourage the participants to name as many commonly-used words on feelings and emotions as they can.

Encourage the participants to use the words to describe how they are feeling today.

**(1) happy (2) angry (3) sad (4) mad (5) worried (6) confused**

**(7) surprised (8) tired (9) bored (10) sleepy (11) silly (12) embarrassed**

**2. Work-out Activity:** Before you begin the following activities, lead the whole group in reading the dialogues aloud a few times and make sure participants understand that they are going to make sentences by using frame sentences " **How are you feeling today? Are you OK? You look \_\_\_\_.** " " **I am \_\_\_\_.** " For example:

**Dialogue #1:**

**A: How are you feeling today? Are you OK? You look very sad.**

**B: I am sad. I am sick.**

**A: I am sorry to hear that.**

**Dialogue #2:**

**A: How is she / he feeling today? Is she / he OK? She / He looks sad.**

**B: She /He is sad. She / He is sick.**

**A: I am sorry to hear that.**

**Activity 1: Pair work:** After practising the dialogue a few times with you as a group, ask the participants to work with their partners to practice the dialogues a few times.

**Activity 2: Pair work:** Distribute the worksheet and give each pair a set of flash cards. Ask the participants to do questions and answers on feelings and emotions. For example:

<b>"Are you _____?"</b>	<b>"Yes, I am."</b>	<b>"No, I am not."</b>
<b>"Is he _____?"</b>	<b>"Yes, he is."</b>	<b>"No, he is not."</b>
<b>"Is she _____?"</b>	<b>"Yes, she is."</b>	<b>"No, she is not."</b>

**Activity 3. Charade** - Choose a confident participant and give him/her one of the cards from the facial expression pile and ask him/her to mime to the group and get the rest of the group to guess what the feeling is.

- 1) Divide the group equally into two teams – Team A and Team B.  
Give each group an equal number of facial expression cards.

**2)** Members from each team will take turns to come to the front and take one card at a time to mime to his/her team according to the expression card he/she is holding. The team will guess and speak the word to the whole group. However, if no one from one team can give the answer, the members from other team can gain the opportunity to guess the expression. If the other team gets the right answer, then that team will get points.

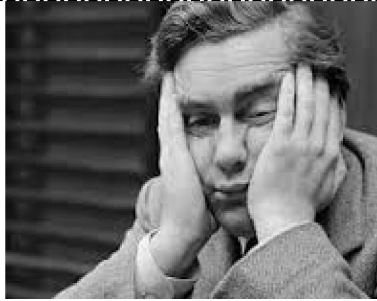
**3)** The first team to finish the pile of their cards wins.

**3. Cool-Down Activity:** Review the words and sentence structures with the whole group and play the memory game on feelings and emotions. And then, play the BINGO game.

## Worksheet - Facial Expressions Cards



**happy**



**bored**



**silly**



**worried**



**Angry**



**Sad**



**sleepy**



**tired**



**mad**



**embarrassed**



**confused**

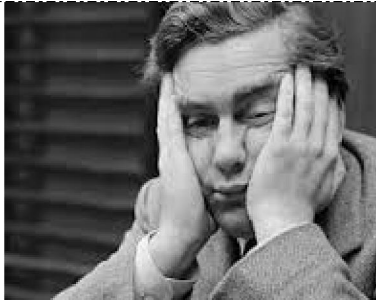


**surprised**

**Worksheet 1 - Ask your partner "Are you \_\_\_\_? Yes. I am. / No. I am not."**



**happy**



**bored**



**silly**



**worried**



**Angry**



**Sad**



**sleepy**



**tired**



**mad**



**embarrassed**



**confused**



**surprised**

**BINGO Game Caller's Card**



**happy**



**bored**



**silly**



**worried**



**Angry**



**Sad**



**sleepy**



**tired**



**mad**



**embarrassed**



**confused**

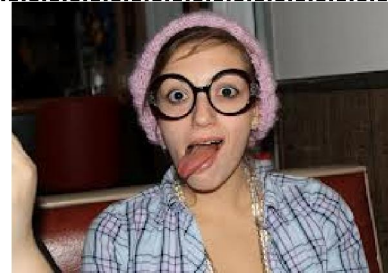


**surprised**

# BINGO GAME Player's Card #1



**bored**



**worried**



**Sad**



**tired**



**embarrassed**



**surprised**

## BINGO Game Player's Card #2

**happy**

**bored**



**Angry**

**Sad**



**tired**

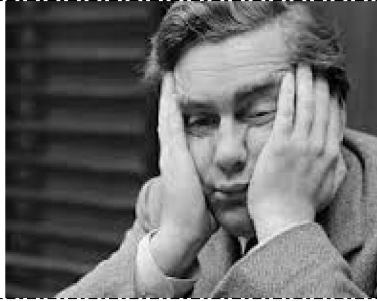


**confused**

**surprised**

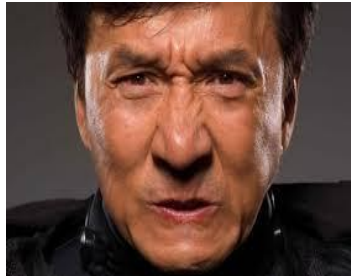


# BINGO Game - Player's Card #3



**silly**

**worried**



**sleepy**

**tired**

**mad**

**embarrassed**



# BINGO Game Player's Card #4

**happy**

**bored**

**silly**



**sleepy**

**tired**

**mad**

