



Access English Centre  
Immigrant Centre Manitoba  
Intermediate Level Activity Plan



**Feelings**  
90 minutes

**Objective/Goal:**

Gives participants an opportunity to review synonyms (words with similar meanings) and antonyms (words that have opposite meanings) regarding feelings.

**Materials:**

- none

Facilitator needs:

- whiteboard
- whiteboard markers

**Procedure: (Warm-up)**  
15 minutes

**Before you begin:**

1. **Write**-“Feelings” on the whiteboard.
2. **Explain** the activity to the whole group.
3. **Demonstrate.**  
Optional: You can write their responses on the whiteboard. ex. happy
4. The facilitator **will write** a “feeling” on the whiteboard.
5. Each participant **will say** a word that is similar to the feeling written on the whiteboard.
6. If a participant **cannot think** of a synonym then the participant **can say** word that is antonym.  
Ex. On the whiteboard: happy
  1. Nina-pleased
  2. Dat- glowing
  3. Abdoul-exurburent
  4. Cam-beaming
  5. Van-satisfied
  6. Mohamed-ecstatic
  7. Nadia-cheerful
  8. Sanja-joyful



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9. Raj-sunny
10. Thomas-exuberant
11. Francisco-unhappy
12. Antonio-unsatisfied
13. Jo-upset
14. Sue-angry
15. Yan Ying-furious

6. If the participant **cannot think** of a suitable word-he/she is out.

7. The last person left **is** the winner.



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90 minutes

Adapted from: Castle, M. and J. & L. Soars. New Headway. Oxford University Press, 2000.

**Objective/Goal:**

Gives an opportunity for participants to review everyday vocabulary.

**Materials:**

Participants need:

- Feelings cards
- Conversation Time cards

Facilitator needs:

- Optional: - whiteboard
- whiteboard markers

**Procedure: (Work-out)**  
60 minutes

**Before you begin:**

1. **Write**-“Feelings” on the whiteboard.
2. **Explain** the activity to the whole group.
3. **Demonstrate.**  
Optional: You can write their responses on the whiteboard.
4. **Give** each group a feelings sheet and a conversation card.
5. **Go over** the feelings sheet.
6. In pairs, the participants **will take** turns as they discuss the specific feeling at the particular time.
7. **Discuss each feeling** and **match** with one of the conversation time cards.
8. Write on the whiteboard and go over the examples:  
Ex. I was **sad yesterday** because I lost my bus pass.  
Ex. I am **tired today** because I came from work.  
Ex. **Last year**, I was **stressed** because I just couldn't find a job.



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9. Each participant **will discuss** all eight feelings and **match** with its corresponding conversation time cards.
10. Afterwards, each pair **will share** one feeling and conversation time scenario with the whole group (whole class).



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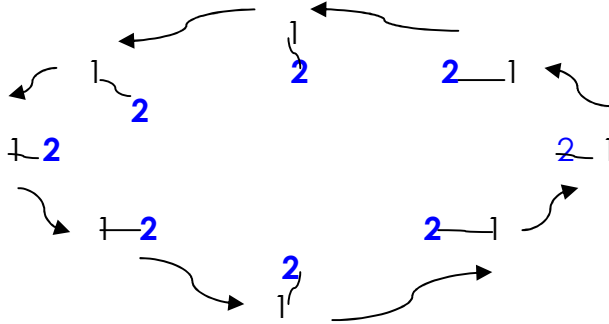
<b>Objective/Goal:</b>	This cool-down activity is an interesting way for participants to interact with one another. This activity helps reviews "feelings" vocabulary.
<b>Materials:</b>	<p>Facilitator needs:</p> <ul style="list-style-type: none"> <li>- Optional-whiteboard &amp; markers</li> <li>- Optional: bell</li> </ul>
<p>Participants need:</p> <ul style="list-style-type: none"> <li>- Feelings Scenarios Sheet</li> </ul>	
<b>Procedure:(Cool – down) 15 minutes</b>	<p>Before the activity:</p> <ol style="list-style-type: none"> <li>1. Write-"How do you feel?" on the whiteboard.</li> <li>2. Divide the whole group into pairs.</li> <li>3. Give each pair a Feelings Scenarios sheet.</li> <li>4. Explain the activity to the whole group. Demonstrate. Optional: You can write their responses on the whiteboard.</li> </ol> <p>Activity:</p> <ol style="list-style-type: none"> <li>5. The facilitator will ask the participants to name some feelings. Write the "feelings" on the whiteboard. Ex. bored, nervous, optimistic, pessimistic, etc.</li> <li>7. In pairs, participants will take turns reading each scenario and discussing how they would feel if they were in that scenario.</li> <li>8. Afterwards, the facilitator can read each scenario and ask the participants to share their feelings.</li> </ol> <p>Variation Activity:</p> <p>This activity can also be done as an inside and outside circle activity. *Inside Outside Circle: Number the participants (1-2-1-2-1-2, etc.)The participants labeled "2's", stand opposite of their "# 1-partners".</p>



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1. Participants labeled #2 will ask the feeling scenario. The participants labeled #1 will respond. Then at the sound of the bell, The participants labeled #2 will move right to next person and respond to feeling scenario asked by the new #2, the facilitator will ring the bell again, the #1's will move again to the right, continue responding to a new #2,etc. (The use of the bell is optional but helps in the organization of time.)

**Attachment #1: Feelings Cards**

Sad	Tired
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angry	Sick
happy	Worried
excited	Stressed



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Today...	Yesterday...
Tomorrow...	Last year....
When I was younger...	Ten years from now, I think I will be...

**Attachment #3: Feelings Scenarios**

1. when you are having a bad day?





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2. when you receive 100% on your exam?
3. when you have too much to do?
4. when your wife or husband is late and did not call?
5. when it's dark outside?
6. when you go to your favourite singer's concert?
7. when you are on date with someone you love?
8. when you suddenly trip on the sidewalk?
9. when you are watching a scary movie?
10. when you are crying?
11. when you are watching your favourite sport team win?
12. when your future looks bright?
13. when you have nothing to do?
14. when you have the flu?
15. when you are offered a job?