



**EJE: ELECCIONES | CHOICES**

# How Are You Feeling Today?

**INGLÉS PARA EDUCACIÓN PRIMARIA / JORNADA EXTENDIDA / 5.º GRADO**

**Palabras clave: Feeling / Verbs / Non verbal communication / Reading /  
Writing / Speaking / Listening comprehension**



## EJE: ELECCIONES | WORKSHEET | QUINTO GRADO

### How Are You Feeling Today?



Fuente: Adaptada de [Unsplash](https://unsplash.com)

## Welcome!

Parte del proceso de conocernos a nosotros mismos implica poder identificar diferentes sensaciones y sentimientos. En esta oportunidad, aprenderemos a expresar cómo nos sentimos, reconocer diferentes emociones e identificar algunas situaciones en las que se generan. ¿Están listos?

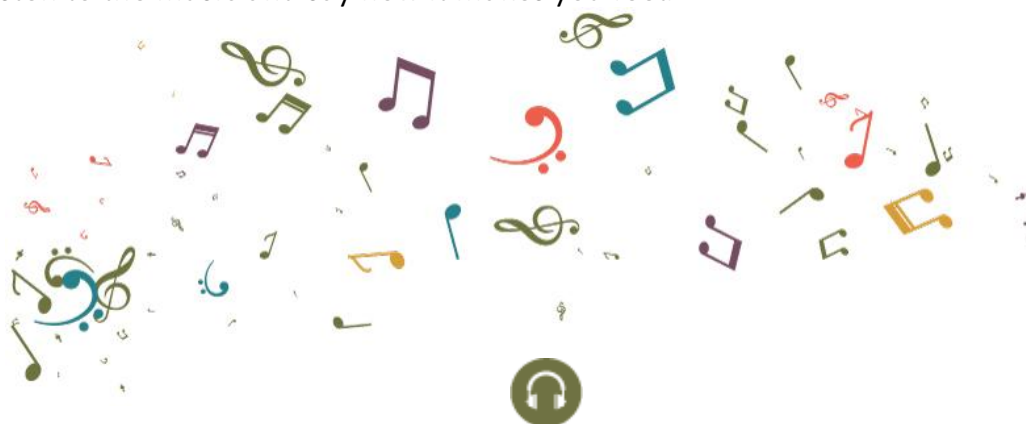
## ACTIVITY 1



### How does it feel?



A. Listen to the music and say how it makes you feel.



CLIC **AQUÍ** PARA ESCUCHAR EL AUDIO

<https://bit.ly/3hFRBjR>

B. How do they feel? Look at the pictures and match the expressions to the faces:

**tired - confused- angry - sad -  
happy - disgusted - scared - nervous .**



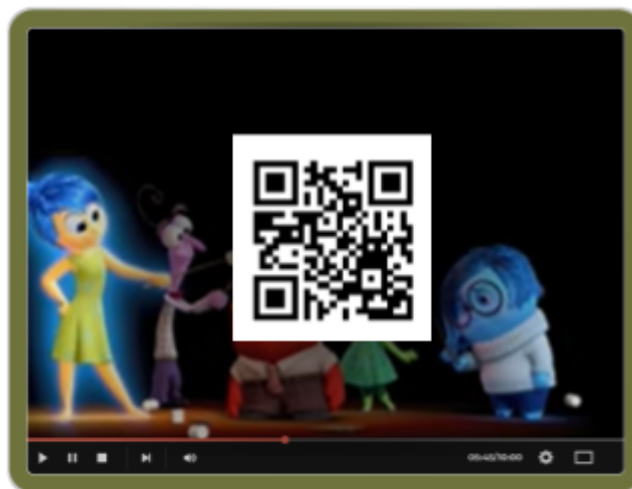
Fuente: [Pixabay](#), [Freepik](#)

**ACTIVITY 2** 

**Acting out!**



A. Watch the video and complete the sentences using the words in the box:



CLIC **AQUÍ** PARA VER EL VIDEO  
<https://bit.ly/3lctb2l>

**scared - wants to be alone - angry - listens to music -  
disgusted - screams - smiles**

- When she is happy, the girl \_\_\_\_\_ and \_\_\_\_\_.
- When she is sad, she \_\_\_\_\_.
- When she is \_\_\_\_\_, she shouts and hits objects.
- When she is \_\_\_\_\_, she feels sick.
- When she is \_\_\_\_\_, she \_\_\_\_\_.

**B.** Watch the video again and answer the questions.

- What does the girl do when she is **happy**?
- What does she do when she is **sad**?
- What does she do when she is **angry**?
- What does she do when she is **disgusted**?
- What does she do when she is **scared**?



## UNDER THE LENS

¿Vieron que cuando hablamos de **she** la acción lleva una “s” al final?

Lo mismo pasa cuando hablamos de **it** y de **he**. Este cambio lo vamos a hacer siempre que hagamos oraciones en forma afirmativa. Veamos algunos ejemplos:

*I dance and listen to music when I feel sad.*

*Pedro dances and listens to music when he feels sad.*

*The dog jumps and runs when it is happy.*

¿Practicamos estos cambios en otros verbos?

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C. Let's work with literature! Watch the video and listen to the story to answer the questions.



CLIC **AQUÍ** PARA VER EL VIDEO

<https://bit.ly/3z7J4MF>

Para descargar y ver sin conexión hacer CLIC **AQUÍ**

- What is the feeling mentioned?
- What does he do when he feels that way? Tick (✓) the activities he mentions.

I scream

I cry

I run

I stomp my feet

I sleep

I sing

I take big breaths

I listen to music

I write and draw

I laugh

I want to be alone

I feel sick

D. Now, it's your turn. Read the questions and complete the chart about you.

EMOTIONS SURVEY			
What do you do when you feel ...	You	Friend 1 .....	Friend 2 .....
scared?	When I feel scared, I.....		
nervous?	When I feel .....		
happy?			
angry?			
sad?			
frustrated?			
confused?			

E. Now, ask the questions to two of your classmates and write down their answers.

F. Share the information with your classmates and teacher.

## ACTIVITY 3



### It's ok not to feel ok



**A.** Choose 8 ways to act out different emotions and create your own Managing Emotions Wheel. You can write, draw and colour it!

**B.** Write a short poem about how you are feeling.

<hr/> <p>It's ok not to feel ok. It's ok not to feel happy. It's ok to feel sad. It's ok to feel angry. It's ok to feel nervous, too. Just know it'll get better.</p> <hr/>	<hr/> <p>It's ok to be.....or..... It's fine to feel.....or..... It's ok to.....or.....when you are frustrated. It's fine to.....or to..... It's ok to be different. It's fine to feel just the way you feel!</p> <hr/>
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**C.** You can share with your classmates your favourite ways of managing emotions or read your poem aloud.

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**See you soon!**





## :: Referencias ::

Laia García (6 de junio de 2016). *Inside Out: Guessing the feelings* (Archivo de video).

Recuperado de <https://www.youtube.com/watch?v=dOkyKyVFns>

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