



## Expressing Feelings

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Sometimes you will need to express an emotion such as joy or sorrow to the person you're talking to. This page will list the different ways of expressing feelings in English.

#### Asking about Feelings

To ask about feelings you can use the following questions:

- How are you feeling today?
- You look sad / upset. Are you OK?
- You seem a little bit distracted. Are you alright?
- You seem kind of low today. What's wrong?
- You seem a little blue today. What's the matter?
- What's wrong?
- What's the matter?
- Are you OK / alright?
- Are you happy / angry...?
- Is everything OK / alright...?

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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