



Lesson 5: The Feelings

Warm-up questions:

What is your busiest day of the week?

What do you usually do on weekends?

What would you do if you had a long weekend?

Feelings/Emotions:

Happy	Cheerful	Excited	Awake	Content	Exhausted
Energized	Depressed	Gloomy	Calm	Drained	Anxious
Relaxed	Thankful	Moody	Peaceful	Nervous	Sleepy

Discussion Questions:

What/Who makes you...?

Describe the last time you were...?

What do you do when you feel...?

Activity: Plan a relaxing weekend with your partner. What will you do? Where will you go?

1.

2.

3.

4.

5.