

Skills Time!

Lesson Five

Reading

- 1 Look at the pictures. How does the girl feel?
- 2 Read and listen to the poem.  24

My Feelings

Sometimes I am happy.
Sometimes I am sad.
Sometimes I am nervous.
But I am never bad.

When I'm really nervous,
I'm brave and carry on.
I say, "I can do it!"
Until my nerves are gone.

When I'm really happy,
I smile and laugh and play.
When I'm really happy,
It's a very good day.

Sometimes I am happy.
Sometimes I am sad.
Sometimes I am nervous.
But I am never bad.

When I'm really sad,
I cry and tell my mum.
We always talk together,
Then happy times can come.



3 Read again. Match.

- 1 play
- 2 cry
- 3 laugh
- 4 be brave and carry on
- 5 smile

a happy

b nervous

c sad

Listening

1 Listen and number. 25



Speaking



Watch the DVD!

2 Point, ask and answer.

happy sad tired cold nervous hungry

Is he sad?

No, he isn't. He's nervous.

Is she ...?

No, ...

Writing preparation

3 Look and write the long form.

I'm = I **am**

He's = He **is**

We're = We **are**

You're = You **are**

She's = She **is**

They're = They **are**

1 She's cold. She is cold.

2 They're happy. _____ happy.

3 I'm nervous. _____ nervous.

4 We're thirsty. _____ thirsty.

5 You're brave. _____ brave.

6 He's sad. _____ sad.

Complete the writing task on page 19 of the Workbook.

page
19