

# 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



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.

