

**Feelings past continuous guessing (Extreme adjectives)**  
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**Warmer**

*Mime some of the adjectives below. Make sure you have finished before your partner guesses so that the Past Continuous is the correct tense.*

**Game**

*Choose one of the feelings below and say what you saw that made you think your (imaginary) colleague was feeling that way, e.g. "She was spinning a pen round and round between her fingers". Your partners should try to guess what adjective you are thinking of, e.g. "Was she feeling stressed?" If they are wrong, give them another clue, e.g. "I don't think so. She was also staring out of the window."*

*(Note that the adjectives on one line have similar meanings but they are not usually exactly the same. If you think the adjective your partner has guessed does not have exactly the same meaning as the one you are thinking of, just tell them that they are close to the real answer.)*

She was feeling broken hearted

She was feeling surprised/ astonished

She was feeling hungry/ starving

She was feeling angry/ infuriated/ furious

She was feeling irritated/ annoyed

She was warm/ hot/ boiling

She was feeling chilly/ cold/ freezing

She was feeling sad/ melancholy/ miserable/ depressed

She was feeling upset/ tearful

She was feeling tired/ fatigued/ exhausted

She was feeling excited/ thrilled

She was feeling shocked/ astounded/ astonished

She was feeling skeptical/ doubtful/ disbelieving

She was feeling embarrassed

She was feeling shy

She was feeling happy/ cheerful/ ecstatic/ pleased/ delighted

She was feeling peaceful/ tranquil

She was feeling confused/ mystified/ perplexed/ puzzled/ baffled

She was feeling nauseous/ sick

She was feeling nervous/ anxious

She was feeling energetic/ lively

She was feeling frightened/ scared/ afraid/ petrified

She was feeling full/ stuffed

She was feeling dizzy

She was feeling indecisive

She was feeling thoughtful/ pensive

She was feeling relieved

She was feeling bored

She was feeling in a panic

She was feeling relaxed

She was feeling amused

She was feeling hung-over

She was feeling impatient

She was feeling impressed

She was feeling distracted

She was feeling disappointed

She was feeling lonely

She was feeling drunk/ tipsy/ wasted

She was feeling stressed/ tense

### **Discussion questions**

*What physical signs can give you clues how people feel, for example while you are giving a presentation?*

*What are the visible signs of stress?*

*What are the invisible symptoms?*

*What are the best ways of coping with stress?*

### **Language work**

*Where the adjectives in one line don't have exactly the same meanings, what are the differences?*

*Which adjectives mean "very" plus another adjective on the same line?*

*Which adjectives above are extreme adjectives (cannot be used with "very", "more" or "-ed")?*

*Which adjectives above are opposites?*