



Expresar emociones y estados – Ficha práctica

En inglés A1 es muy útil saber expresar cómo te sientes o cuál es tu estado. Estas expresiones se usan a diario y ayudan a comunicar necesidades básicas, emociones y situaciones personales. Se forman normalmente con el verbo *to be* (am, is, are) o con *feel* (sentir).

Ejemplos comunes:

I'm happy – Estoy feliz

He is sad – Él está triste

We are tired – Estamos cansados

She feels sick – Ella se siente mal

I'm hungry / thirsty – Tengo hambre / sed

They are cold – Tienen frío

I feel great – Me siento genial

You look worried – Pareces preocupado

Estas frases permiten expresar emociones y estados físicos con claridad. Practicarlas te ayudará a comunicarte en cualquier contexto cotidiano.

Ejercicios – Completa con la emoción o estado adecuado:

1. I'm _____. It's a beautiful day!
2. She is _____. She didn't sleep well.
3. They are _____ because they lost the match.
4. He feels _____ today. Everything is fine.
5. We are _____. Let's rest a bit.
6. I'm _____. Can we eat now?

7. He is _____. Turn off the lights.
8. You look _____. What happened?
9. She is _____ about the exam.
10. I'm _____. I passed the test!
11. They feel _____ when they are alone.
12. We are _____. Let's drink some water.
13. I'm _____ because I forgot my keys.
14. You are _____! What's the good news?
15. He is _____. He's not feeling well.
16. I feel very _____ in this moment.
17. She's _____ because it's cold outside.
18. They are _____. They have a lot of work.
19. I'm _____. I need to talk to someone.
20. He looks _____ and nervous.

Respuestas:

1. happy
2. tired
3. sad
4. good
5. exhausted
6. hungry
7. sleepy
8. upset
9. nervous
10. excited
11. lonely
12. thirsty
13. angry
14. cheerful
15. sick
16. emotional
17. cold
18. stressed
19. worried
20. confused