



How to Talk About Your Feelings in French

KS4 FRENCH

MFL

Ages 13-16 ⌚ 3 min read

Why Feelings Matter in French

Being able to talk about how you feel is one of the most important skills in any language. Whether you're learning **French**, you'll need to tell people if you're happy, sad, confused, or excited. This is how we connect with each other and build real friendships.

In French, there are several different ways to express your feelings and thoughts. Some are super simple, while others let you explain more complicated emotions.

The Simple Way: "Je suis..."

The easiest way to describe how you feel is to use "**Je suis**", which means "**I am**". You simply add an adjective after it.

For example: "**Je suis heureux**" (I am happy), "**Je suis triste**" (I am sad), "**Je suis fatigué**" (I am tired), or "**Je suis énervé**" (I am annoyed).

Think of it like a paint-by-numbers picture: the "**Je suis**" is your canvas, and the feeling word is the colour you paint it with.

The Other Way: "J'ai..."

Interestingly, French people often use "**J'ai**" (which means "**I have**") to talk about feelings. This sounds strange to English speakers, but it's completely normal in French!

Examples include: "**J'ai peur**" (I have fear = I'm scared), "**J'ai faim**" (I have hunger = I'm hungry), and "**J'ai froid**" (I have cold = I'm cold).

Think of it like saying you're carrying feelings around with you, like items in a backpack.

Sharing Your Thoughts and Opinions

When you want to tell someone what you think about something, you can use "**Je pense que...**" (I think that...) or "**À mon avis**" (In my opinion). After these phrases, you explain your idea.

For instance: "**Je pense que c'est difficile**" (I think that it's difficult) or "**À mon avis, c'est intéressant**" (In my opinion, it's interesting).

Making It Even Better

Once you know these basics, you can add extra words to make your feelings stronger. "**Très**" means "**very**", so "**Je suis très heureux**" means "**I am very happy**". You can also use "**un peu**" (a little) or "**beaucoup**" (a lot).

Learning to express your feelings in French helps you have deeper conversations and makes you sound more natural. It's the difference between just knowing words and actually being able to chat like a real **French speaker!**