

7 Lessons about Emotional & Mental English Verbs

Welcome to English journey: Start speaking with confidence. In this lesson, we explore emotional & mental wellness verbs. They are powerful words and help us say how we feel, ask for help, and support others. Let's learn them together—step by step.

Emotional & Mental Wellness Verbs

Verb	Example	Mozambican Context
think	I think about my goals.	He thinks before speaking.
focus	We focus in class.	She focuses on her studies.
smile	I smile when I'm happy.	They smile at the teacher.
talk	We talk to our friends.	He talks to the pastor.
share	I share my feelings.	We share food with neighbors.
listen	She listens to music.	I listen to my teacher.
learn	We learn English.	Children learn at school.

Lesson One: THINK

⌚ What does “think” mean?

Think means:

- To use your mind to consider, imagine, or decide
- To reflect, plan, or form ideas

💻 Structure

Subject + think/thinks + about + noun or clause

Subject	Verb
I / You / We / They	think
He / She / It	thinks

- ✓ Use **think** with “I, you, we, they”
- ✓ Use **thinks** with “he, she, it”
- ✓ Add **-s** for third person singular

Emotional & Mental Wellness Verbs: Examples in Context

Example	Meaning
I think about my family.	I reflect on my loved ones.
She thinks before she speaks.	She considers her words.
We think about school.	We focus on learning.

⌚ Mozambican Context

- **I think about my future after school.**
- **He thinks about planting maize.**
- **We think before we answer in class.**
- **She thinks about her children's health.**

✍ Practice

Fill in the blanks with “think” or “thinks”:

1. I ___ about my homework.
2. She ___ before she speaks.
3. We ___ about our plans.
4. He ___ about his farm.
5. They ___ before making decisions.

⌚ Emotional & Mental Wellness Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I think every day.
Negative	I do not think about that. (<i>don't think</i>)
Question	Do you think about your future?

□ Quick Tips

- Use **think** for ideas, decisions, and feelings
- Use **thinks** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she think before speaking?”
- Use **don't/doesn't** to say no: “He doesn't think about school.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I think about my family.”
“She thinks before she speaks.”
“Do you think about your future?”
“We think before we answer.”
“He doesn't think about that.”

“**Think**”, is a powerful verb for expressing ideas, decisions, feelings, and reflection. It's especially useful for you if you want to talk about opinions, problem-solving, and emotional awareness in everyday life.

See also themed expressions to talk about your everyday life in English.

⌚ Lesson Two: FOCUS

⌚ What does “focus” mean?

Focus means:

- **To give full attention to something**
- **To concentrate your mind on a task, idea, or feeling**

💻 Structure

Subject + focus/focuses + on + noun or activity

Subject	Verb
I / You / We / They	focus
He / She / It	focuses

- ✓ Use **focus** with “I, you, we, they”
- ✓ Use **focuses** with “he, she, it”
- ✓ Add **-es** for third person singular

🗣️ Emotion & Mental Wellness Verbs: Examples in Context

Example	Meaning
I focus on my homework.	I give attention to my schoolwork.
She focuses on her goals.	She concentrates on her future.
We focus during prayer.	We stay mentally present.

🌐 Mozambican Context

- **I focus on my studies before exams.**
- **He focuses on planting maize in October.**
- **We focus during morning assembly.**
- **She focuses on her sewing work.**

✍️ Practice

Fill in the blanks with “focus” or “focuses”:

1. I ___ on my homework after school.
2. She ___ on her cooking.
3. We ___ during class.
4. He ___ on his farm work.
5. They ___ on the teacher’s instructions.

⌚ Affirmative / Negative / Question

Type	Example

Affirmative	I focus every day.
Negative	I do not focus every day. (<i>don't focus</i>)
Question	Do you focus every day?

□ Quick Tips

- Use **focus** for attention and mental clarity
- Use **focuses** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she focus in class?”
- Use **don't/doesn't** to say no: “He doesn't focus well.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I focus on my homework.”
 “She focuses on her goals.”
 “Do you focus in class?”
 “We focus during prayer.”
 “He doesn't focus when he's tired.”

“Focus” is a powerful emotional and cognitive wellness verb that helps you express attention, concentration, and mental clarity. It's especially useful for you to stay present during school, chores, or prayer. Note: practical English practices are essentially crucial to build confidence in the language.

😊 Lesson Three: SMILE

👉 What does “smile” mean?

Smile means:

- **To make a happy expression with your mouth**
- **To show joy, kindness, or friendliness**

💻 Structure

Subject + smile/smiles + reason or time

Subject	Verb
I / You / We / They	smile
He / She / It	smiles

- ✓ Use **smile** with “I, you, we, they”
- ✓ Use **smiles** with “he, she, it”
- ✓ Add **-s** for third person singular

⌚ Emotional & Mental Wellness Verbs: Examples in Context

Example	Meaning
I smile when I'm happy.	I show joy.
She smiles at her baby.	She shows love.
We smile during prayer.	We express peace.

🌐 Mozambican Context

- **I smile when I see my grandmother.**
- **The baby smiles after taking the milk.**
- **We smile when we sing at church.**
- **She smiles at her students every morning.**

✍ Practice

Fill in the blanks with “smile” or “smiles”:

1. I ___ when I feel happy.
2. She ___ at her children.
3. We ___ during the celebration.
4. He ___ after school.
5. They ___ when they play together.

⌚ Emotional & Mental Wellness Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I smile every day.
Negative	I do not smile every day. (<i>don't smile</i>)
Question	Do you smile every day?

□ Quick Tips

- Use **smile** for joy, kindness, and connection
- Use **smiles** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she smile often?”
- Use **don't/doesn't** to say no: “He doesn't smile much.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I smile when I'm happy.”
 “She smiles at her baby.”
 “Do you smile every day?”

“We smile during prayer.”
“He doesn’t smile when he’s tired.”

“Smile”, makes part of the warm and expressive verbs. It brings emotional wellness, connection, and joy into everyday language. It’s perfect for practicing how to express feelings and kindness in simple English. Talk about expressing feelings, see also small but powerful words that help us express ability, possibility, permission, and more

🗣️ Lesson Four: TALK

🔤 What does “talk” mean?

Talk means:

- **To use words to communicate with someone**
- **To speak and share ideas, feelings, or information**

💻 Structure

Subject + talk/talks + to/with + person or about + topic

Subject	Verb
I / You / We / They	talk
He / She / It	talks

- ✓ Use **talk** with “I, you, we, they”
- ✓ Use **talks** with “he, she, it”
- ✓ Add **-s** for third person singular

🗣️ Emotional & Mental Wellness Verbs: Examples in Context

Example	Meaning
I talk to my teacher.	I speak with my teacher.
She talks with her friend.	She shares words with her friend.
We talk about school.	We discuss school topics.

🌐 Mozambican Context

- **I talk to my grandmother in the evening.**
- **He talks with his friend at the market.**
- **We talk about our dreams after church.**
- **She talks to her children before school.**

✍️ Practice

Fill in the blanks with “talk” or “talks”:

1. I ___ to my friend every day.
2. She ___ with her mother.
3. We ___ about our homework.
4. He ___ to the teacher.
5. They ___ after the football match.

⌚ Emotional & Mental Wellness Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I talk to my friend.
Negative	I do not talk to my friend. (<i>don't talk</i>)
Question	Do you talk to your friend?

□ Quick Tips

- Use **talk** for speaking and sharing
- Use **talks** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she talk to her teacher?”
- Use **don't/doesn't** to say no: “He doesn't talk much.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I talk to my teacher every day.”
 “She talks with her friend.”
 “Do you talk about your dreams?”
 “We talk after school.”
 “He doesn't talk when he's tired.”

“**Talk**”, is a social and emotional wellness verb that helps you express communication, connection, and sharing. It's especially relevant to talk with family, friends, teachers, and community members every day. Talk in English to build confidence. See our [tips on how to do this right](#).

□ Lesson Five: SHARE

⌚ What does “share” mean?

Share means:

- **To give part of something to others**
- **To use or enjoy something together**
- **To express thoughts or feelings with someone**

Structure

Subject + share/shares + object or idea + with + person

Subject	Verb
I / You / We / They	share
He / She / It	shares

- ✓ Use **share** with “I, you, we, they”
- ✓ Use **shares** with “he, she, it”
- ✓ Add **-s** for third person singular

Emotional & Mental Wellness Verbs: Examples in Context

Example	Meaning
I share my food.	I give some of my food to others.
She shares her story.	She tells others about her experience.
We share ideas in class.	We talk and learn together.

Mozambican Context

- **I share my phone number with my classmates**
- **He shares his ideas with his parents.**
- **We share water from the pump.**
- **She shares her feelings with her friend.**

Practice

Fill in the blanks with “share” or “shares”:

1. I ___ my lunch with my friend.
2. She ___ her story with the teacher.
3. We ___ ideas during group work.
4. He ___ his mat with his cousin.
5. They ___ their joy after the celebration.

Emotional & Mental Wellness Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I share my food.
Negative	I do not share my food. (<i>don't share</i>)
Question	Do you share your food?

Quick Tips

- Use **share** for giving, expressing, and connecting
- Use **shares** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she share her story?”
- Use **don't/doesn't** to say no: “He doesn't share his feelings.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I share my feelings with my friend.”
“She shares her story with the teacher.”
“Do you share your ideas?”
“We share water from the pump.”
“He doesn’t share his feelings.”

“**Share**”, is a beautiful emotional and social wellness verb that encourages kindness, connection, and community. It’s especially meaningful for sharing things like food, ideas, feelings, and responsibilities in everyday life. See the English vocabulary to talk about things in your everyday life.

⌚ Lesson Six: LISTEN

⌚ What does “listen” mean?

Listen means:

- **To pay attention to sounds or words**
- **To hear with focus and care**

💻 Structure

Subject + listen/listens + to + person or sound

Subject	Verb
I / You / We / They	listen
He / She / It	listens

✓ Use **listen** with “I, you, we, they”

✓ Use **listens** with “he, she, it”

✓ Add **-s** for third person singular

🗣️ Emotion & Mental Wellness: Verbs Examples in Context

Example	Meaning
I listen to my teacher.	I pay attention to the teacher’s words.
She listens to music.	She hears and enjoys music.
We listen during prayer.	We focus quietly.

🌐 Mozambican Context

- **I listen to my grandmother’s stories.**

- **He listens to the radio in the morning.**
- **We listen to the teacher during class.**
- **She listens to birds in the yard.**

↳ Practice

Fill in the blanks with “listen” or “listens”:

1. I ___ to my teacher.
2. She ___ to music every day.
3. We ___ during morning assembly.
4. He ___ to the radio.
5. They ___ to instructions before cleaning.

⌚ Emotional & Mental Wellness Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I listen carefully.
Negative	I do not listen carefully. (<i>don't listen</i>)
Question	Do you listen carefully?

Quick Tips

- Use **listen** for focused hearing and attention
- Use **listens** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she listen in class?”
- Use **don't/doesn't** to say no: “He doesn't listen well.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I listen to my teacher.”
 “She listens to music.”
 “Do you listen during prayer?”
 “We listen to instructions.”
 “He doesn't listen when he's tired.”

“Listen”, is a key emotional and social wellness verb that helps you express attention, respect, and connection. It's especially useful for you in school, family, and community settings where listening builds trust and understanding.

📘 **Lesson 8: LEARN**

⌚ What does “learn” mean?

Learn means:

- **To get new knowledge or skills**
- **To understand something through study or experience**

Structure

Subject + learn/learns + object or topic

Subject	Verb
I / You / We / They	learn
He / She / It	learns

- ✓ Use **learn** with “I, you, we, they”
- ✓ Use **learns** with “he, she, it”
- ✓ Add **-s** for third person singular

Emotional & Mental Wellness Verbs: Examples in Context

Example	Meaning
I learn English.	I study the English language.
She learns fast.	She understands quickly.
We learn together.	We study as a group.

Mozambican Context

- **I learn English at school in Gurué.**
- **He learns farming from his father.**
- **We learn songs at church.**
- **She learns to cook matapa with her aunt.**

Practice

Fill in the blanks with “learn” or “learns”:

1. I ___ English every day.
2. She ___ how to sew capulanas.
3. We ___ together in class.
4. He ___ from his older brother.
5. They ___ new things at school.

Emotional & Mental Wellness Verbs: Affirmative / Negative / Question

Type	Example
Affirmative	I learn something new.
Negative	I do not learn quickly. (<i>don't learn</i>)
Question	Do you learn quickly?

Quick Tips

- Use **learn** for gaining knowledge or skills

- Use **learns** with “he, she, it”
- Use **Do/Does** to ask questions: “Does she learn English?”
- Use **don’t/doesn’t** to say no: “He doesn’t learn easily.”

🎧 Audio Prompt Ideas

Record or read aloud slowly:

“I learn English at school.”
 “She learns how to cook delicious vegetable meal.”
 “Do you learn quickly?”
 “We learn together in class.”
 “He doesn’t learn well when he’s tired.”

Like many other verbs described above, “**learn**”, is another powerful wellness and growth verb that supports education, curiosity, and self-improvement. It’s especially meaningful for you to talk about gaining knowledge at school, home, or in the community.

To learn more verbs under "Everyday life & wellness" see also English verbs [Set One](#) and [Set Two](#).

💡 Final Tip

Act out each verb. Smiling, pretending to cry, or relaxing helps connect emotion to language.

Explore more on English Journey: Start Speaking with Confidence -One Step at a Time.

[About us](#) & [Our contact](#).

Sabino Manuel

The creator of “**English Journey: Start Speaking with Confidence – One Step at a Time**

