

# My Emotions



# My Emotions

## Warm Up



<https://www.youtube.com/watch?v=82VX9JGSxTU>

What do you think the people in the commercial feel?

*(Click the subtitle to see the transcript)*

## Introduction

**Emotion** refers to any strong feeling such as joy, sorrow, fear, hate, love, etc.

Emotions are complex.

According to some theories, they are a state of feeling that results in physical and psychological changes that influence our behavior.



# My Emotions

## Emotional Body Language

With careful observation, emotions may be detected from non-verbal signs. Remember that these are indicators and not certain guarantees. Contextual clues may also be used, in particular what is being said to the person or what else is happening around them.

**What emotion do the following body language tell us?**

1. Neck and/or face is red
2. A cold sweat.
3. Tears
4. Widening of eyes
5. Clenched fist
6. Damp Eyes
7. Drooping of the body
8. Looking down
9. Smiling (including eyes)
10. Voice Tremors
11. Flat speech tone
12. Pale Face

**Anger**

**Surprise**

**Fear**

**Nervousness**

**Anxiety**

**Happiness**

**Sadness**

**Fear**

**Embarrassment**

# My Emotions

## Emotional Body Language

Match the pictures with the descriptions and select the best word to complete the sentence.

1



2



3



4



5



6



1. If you're thinking so much about the bad things that could happen, it means you are...
2. When you have nothing interesting to do, you are usually...
3. When something that you hoped for did not happen, you get...
4. When you can't clearly think about something, you are...
5. When you feel guilty about something, you are...
6. When you lose your temper, it means that your ...

worried    ashamed    angry    bored    disappointed    confused

# My Emotions

## Emotional Body Language

Match the pictures with the descriptions and select the best word to complete the sentence.

1



2



3



4



5



6



1. When you want to hurt someone you are...
2. When you feel annoyed because you cannot achieve something, you feel...
3. When you feel very shocked and frightened you feel...
4. When you find something funny, you feel....
5. When you think you are better than other people, you are ...
6. When you feel peaceful and no strong emotion you are...

calm    amused    frustrated    malicious    horrified    arrogant



## Sentence Building

### MATCHING EXERCISE

1. He felt **jealous** when ....
  2. I was very **proud** when ....
  3. Tom felt **embarrassed** when ....
  4. Tina was **angry** when ....
  5. Jane was **sad** when ....
  6. He felt **frightened** when ...
- A. Someone stole her money.
  - B. Someone shouted in the dark.
  - C. She kissed her best friend on the cheek.
  - D. I saw my Dad on TV.
  - E. She heard that her Aunt had passed away.
  - F. He sent her a birthday card on the wrong day
  - G. wrong day



# My Emotions

## Vocabulary Building

Fill in the blanks with the correct word.

1. My brother was very ..... when a thief broke into our house last night.  
A. Delighted                      B. stubborn                      C. scared
2. Krista has not seen her family for three years and so she feels very ..... at the moment.  
A. Clumsy                              B. homesick                      C. curious
3. Adam is very ... . He is always breaking something.  
A. Clumsy                              B. Jealous                      C. mean
4. We were all ..... when they announced that the President had died.  
A. Guilty                              B. Shocked                      C. Bitter
5. My parents were very ..... when I won an award at the university.  
A. Proud                              B. awkward                      C. lazy
6. I was ..... That you didn't come to my party last weekend.  
A. eager                              B. restless                      C. disappointed
7. My parents were very ..... When I won an award at the university.  
A. proud                              B. awkward                      C. lazy
8. After driving for ten hours, the bus driver was ..... And needed a good sleep.  
A. grief-stricken                      B. energetic                      C. exhausted
8. He bought himself a dog so that he wouldn't feel so ... .. !  
A. Lonely                              B. tired                              C. embarrassed
9. He always wants to do better than his big brother. He has a very ... .. nature.  
A. Competitive                      B. restrained                      C. disgusted



# My Emotions

## Vocabulary Building

Fill in the blanks with the correct word.

10. The children were very ..... and so were sent to bed without dinner.  
A. Mischievous                      B. fearless                      C. affectionate
11. Despite all the interviews he could not obtain a job. He started to feel .....  
A. Grateful                      B. honoured                      C. rejected
12. Initially, my mother is very ... .. when she meets new people.  
A. Spiteful                      B. hostile                      C. shy
13. We should all feel ..... For the friends we have in our life.  
A. Self-conscious                      B. thankful                      C. left out
14. I feel ... .. I want to help my friend but I don't know what to do for him.  
A. Surprised                      B. frustrated                      C. peaceful
15. He always lies. So I am very ..... of anything he says.  
A. Distrustful                      B. thrilled                      C. honoured
16. My friend felt very ..... When I told him we were going to dive with sharks.  
A. Relieved                      B. unlucky                      C. frightened
17. The student had studied for the exam but he still felt very .....  
A. Tense                      B. alive                      C. detached
18. He always wants to do better than his big brother. He has a very ..... nature.  
A. Competitive                      B. restrained                      C. disgusted

# My Emotions

## Discussion

“ I’VE LEARNED THAT PEOPLE WILL FORGET  
WHAT YOU SAID, PEOPLE WILL FORGET WHAT  
YOU DID, BUT PEOPLE WILL NEVER FORGET  
HOW YOU MADE THEM FEEL. ”

*-Maya Angelou*



## Reading Exercise

### A Sad Moment



He was sad. His grandma had died. He loved his grandmother. She raised him. She took care of him.

She had seen him grow into a man. She was the sweetest woman. She was kind to all. Everybody loved her. She departed at the age of seventy- six. She had loved a long life. He

was happy for her. But he was also sad. His grandma was no longer here. He could not believe it. He remembered the last words he said to her: "I love you grandma. I'll come to see you soon." He hugged and kissed her goodbye.

She dies a few days later. Her funeral was held shortly. All her family was there. Friends had also gathered. He helped carry the coffin. It was a hard thing to do. He would never forget his grandmother.

# My Emotions

## Comprehension Exercise

1. Why is the man sad?
2. Describe the man's grandmother?
3. What age did his grandmother pass away?
4. What did the man feel when her grandmother departed?
5. What were the last words the man said to his grandmother?
6. How did the funeral go?
7. Who went to the funeral?

How does losing a love one can make someone feel?  
How can someone cope from the lost of their loved ones.

# My Emotions

## Second Conditional

For Unreal Possibility

If I won the lottery, I would buy a car.

The **second conditional** is like the first conditional. We are still thinking about the future. We are thinking about a particular condition in the future, and the result of this condition. But there is **not** a real possibility that this condition will happen. For example, you do **not** have a lottery ticket. Is it possible to win? No! No lottery ticket, no win! But maybe you will buy a lottery ticket in the future. So you can think about winning in the future, like a dream. It's not very real, but it's still possible.

IF	Condition	Result
	Past Simple	Would + base verb
If	I <b>lost</b> my job,	I <b>would</b> be sad.

Or “I would be sad if I lost my job.”

NOTE: Sometimes, we use **should**, **could** or **might** instead of **would**, for example: *If I won a million dollars, I **could** stop working.*

# My Emotions

## Recognizing Emotions

How will you react to the following situation?

Use the second conditional to make sentences.

1. You passed all your exams
2. You think a burglar is in your house
3. You have a terrible headache
4. You are head over heels in love
5. You can't connect to the Internet
6. A giant spider walks across your desk
7. US President just quit his job
8. You lost your job
9. Negative Facebook comments
10. You are late for work
11. Your partner is not listening to you
12. Feeling undervalued
13. Heavy traffic
14. Colleagues not helping
15. Being overweight
16. Boring life
17. Terrible Weather.
18. Heavy workload from your boss
19. Hating your job
20. Not having enough money



## Controlling Emotions

Controlling your emotions doesn't mean ignoring them. It means you **recognize** them and act on them when appropriate, not randomly and uncontrollably whenever you feel like it. Take control of your life by taking control of your emotions. It is also good to recognize an emotion from the moment it materializes, as opposed to letting it build up and intensify. The last thing you want to do is ignore or repress your feelings.

### Some of effects of repressing your feelings



Memory Lapses



Mental Fatigue



Bad Sleep Habits



Elevated Blood Pressure

**Have you experienced any of these?**



# My Emotions

## Critical Thinking



Which is more powerful between feelings of love and feelings of hate?

## Phrasal Verbs

- **Calm down**  
To stop feeling upset, angry or excited.
- **Carry away**  
If you get “carried away”, you become so excited about something that you lose control and forget about everything else.
- **Cheer up**  
If someone “cheers you up”, they make you feel happier again.
- **Eat away at**  
If something is “eating away at” you, it’s worrying you a lot and making you feel stressed.
- **Get over**  
If you “get over” a bad experience or something that makes you unhappy, you recover from it, stop being affected by it and start to feel better again.
- **Get to**  
If something “gets to” you, it affects you and makes you feel angry, sad or upset.
- **Pull yourself together**  
If you manage to “pull yourself together”, you become calm again after being so angry or upset that you were incapable of acting normally.
- **Take aback**  
If something “takes you aback”, it surprises you a lot.

## Sentence Building

### Reacting to Emotions

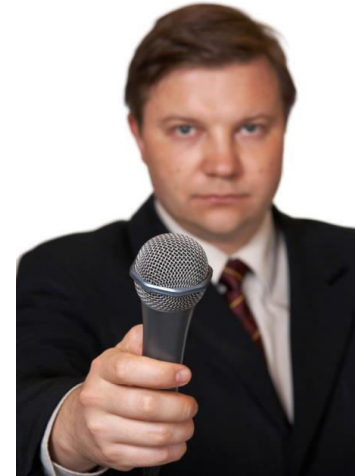
Match the sentences on the left with their corresponding responses on the right.

- |                      |                                    |
|----------------------|------------------------------------|
| 1. I am angry        | A. Let's have some delicious steak |
| 2. I'm bored         | B. Put some clothes on             |
| 3. I'm sick          | C. Take your coat off!             |
| 4. I'm worried       | D. Have a break!                   |
| 5. I'm hungry        | E. Calm down!                      |
| 6. I'm exhausted     | F. There's nothing to worry about! |
| 7. I'm happy         | G. Go to bed!                      |
| 8. I'm ashamed       | H. Let me clarify things for you.  |
| 9. I'm thirsty       | I. There's nothing to fear about.  |
| 10. I'm sleepy       | J. That's very good!               |
| 11. I'm horrified    | K. Don't lose hope.                |
| 12. I'm cold         | L. Let's go out and have fun!      |
| 13. I'm confused     | M. You'll do better next time!     |
| 14. I'm disappointed | N. Drink some water!               |
| 15. I'm hot          | O. Go to the doctor.               |

# My Emotions

## Speaking Drill

1. What do you feel when you study English?
2. How do you feel when you go to school / work?
3. Do you cry at sad movies?
4. How does music make you feel?
5. What job would make you really happy?
6. What makes you feel best? Why?
7. Can you control your emotions well? How?
8. Are you generally a positive person or a negative person?
9. Do you think rich people are happier than poor people? Why?
10. Do you think good looking people are happier than uglier people? Why?
11. If you're feeling down, can you make yourself happier?
12. What is the best way to deal with feelings of anger?
13. Have you been in love? What is it like to be in love?
14. Are women more emotional than men? Or is that just a stereotype?



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## Idiomatic Expressions



If a person *keeps a stiff upper lip*, they contain their emotion and do not let other people see their feelings.



If someone is *cheesed off* with something, they are annoyed, bored or frustrated.



If someone has a *chip on their shoulder*, they feel resentful because they feel they are being treated unfairly, especially because of their background, their sex or their color.



If you feel *like a fish out of water*, you feel uncomfortable in unfamiliar surroundings.



If something puts *your nose out of joint*, it offends or annoys you.

# My Emotions

## Pronunciation Drills

### Tongue Twisters

How many bagels would  
a Beagle bake if a Beagle  
could bake bagels?

Give papa a cup of proper  
coffee in a copper coffee cup.

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## Pronunciation Drills

### Minimal Pairs

B	H
Bee	He
Beep	Heap
Bay	Hay
Bug	Hug
Bye	Hi
Bow	Hoe

B	H
Book	Hook
Back	Hack
Ball	Hall
Bale	Hail
Bat	Hat
Bold	Hold
Bow	Hole



**The End**