



Let's talk about expressing feelings!

LEVEL

Upper-Intermediate (B2)

NUMBER

EN_B2_1084S

LANGUAGE

English





Learning outcomes

 I can talk about feelings with a degree of fluency.

 I can talk about the way culture shapes how we express our feelings.





When have you felt these feelings?

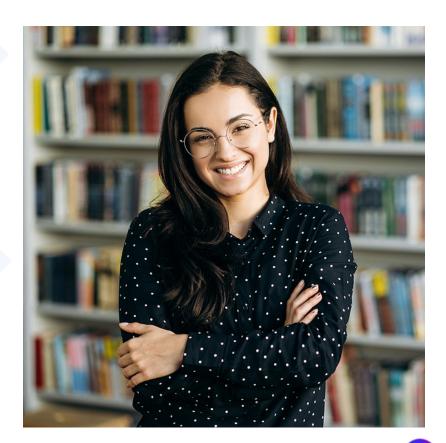
- 1. **Choose** two feelings below. **Think of** a time when you felt each of them.
- 2. **Share** your story with the class.

happiness

confidence

regret

anger



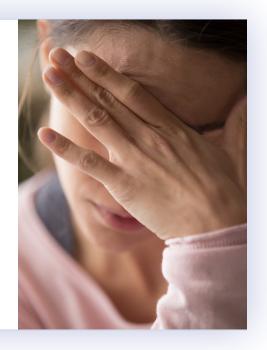




How culture shapes how we express our feelings

Read the article. **Fill in** the gaps with the correct word.

| Culture provides us with a s | set of guidelines to help us |
|--------------------------------|------------------------------|
| identify and 1 | _ the emotions we feel. |
| Some cultures value social 2 | 2 over |
| individual expression. This i | means that emotional |
| 3 may be avo | oided if they are seen as |
| causing problems within a g | group. How we |
| 4 different e | motions also varies from |
| culture to culture. Certain fe | eelings, such as sadness or |
| happiness, may not be show | wn in 5 for |
| fear of causing offence. | |
| | |



reactions

interpret

express

harmony

public



Discuss

What do you think about the information in the text?





What has your culture taught you about how to express your feelings?





What about you?



Discuss in **breakout rooms** or **together as a class**.

Are you generally a happy person or not?

What makes you feel happiest in life?





9.

What do you think?

Is it ever a good idea to keep our feelings to ourselves or not?





In what situations would you choose not to express your feelings?







I wish he wouldn't bottle up his feelings!

If someone **bottles up** their feelings, do they prefer to share them or keep them to themselves?

How would you translate this phrase into your language?





Interview your partner



- 1. **Read** the questions and **write down** your own answers.
- 2. **Interview** a partner in **breakout rooms** or **together as a class**.



What usually causes you stress in your life?



What do you do when you feel stressed?



Is there such a thing as 'good stress'?



Breakout rooms: share **one fun fact** about your partner with the class!



Discuss

Empathy is the ability to understand and share the feelings of another person.

Would you say you are an empathic person or not?

Can we learn to be more empathic or is it either part of our personality or not?

In what situations is it important to show empathy?







How are they feeling?

- 1. **Discuss** how each person might be feeling.
- 2. **Think** of how to **respond** to each person with empathy.



I've just lost my job!

...



My boyfriend suddenly just stopped talking to me.

. . .



My daughters are starting school today!

...





What would you do if...

...you were feeling anxious about the future?

How would you make yourself feel better? Who would you turn to for support?





Let's reflect

Can you talk about feelings with a degree of fluency?

 Can you talk about the way culture shapes how we express our feelings?

Your teacher will now make one suggestion for improvement for each student.



End of the lesson

Idiom

an open book

Meaning: a person that is easy to understand or know what they are feeling.

Example: When it comes to expressing her feelings, Tanya is **an open book**.







Additional practice



Complete the sentences for you



- 1. **Compare** your sentences with a classmate.
- 2. **Discuss**: did anyone mention the words **feelings** or **empathy**?

1 A good friend should always...

2 A great parent is one who...

3 An inspiring boss is someone who...







Read the statements



1

Feelings are like waves. We can't stop them from coming, but we can choose which to surf.

2

Never play with the feelings of others. You may win the game, but you risk losing the person.

Discuss what you understand each quote to mean.

Which quote(s) do you agree with?

Why?

Can you relate either of the quotes to your own life?





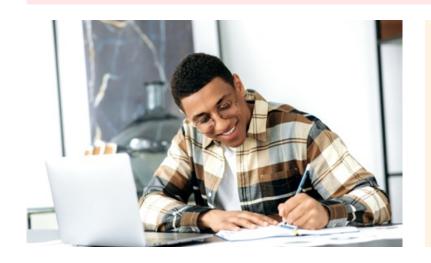
9.

Discuss



How do you feel while you're speaking English?





How do you think you'll feel by the time you finish the course?



9.

Answer key

- **P. 4:** 1. interpret
 - 2. harmony
 - 3. reactions
 - 4. express
 - 5. public





Summary

Talking about feelings

- happiness; confidence; regret; anger
- reactions; to interpret; to express; harmony; public; stress; anxious
- Culture provides us with a set of guidelines to help us identify and **interpret** the emotions we feel.



9.

Vocabulary

happiness confidence regret anger reactions to interpret to express harmony public stress

anxious





Notes

