

COMMUNICATION

Expressing feelings

LEVEL

Upper-Intermediate
(B2)

NUMBER

EN_B2_1081X

LANGUAGE

English



Learning outcomes

- I can politely ask someone how they're feeling.
- I can use a range of language to describe different feelings.



Warm-up

How do you usually feel...

...when the bus
arrives 10 mins late?

...if a friend buys
you a small gift?

...just before you go
into a job interview?





Asking about someone's feelings

Form polite ways to ask about feelings.

1

Are you...

a

...like to talk about it?

2

Do you...

b

...feeling ok?

3

What's...

c

...have something on your mind?

4

Would you...

d

...everything alright?

5

Is...

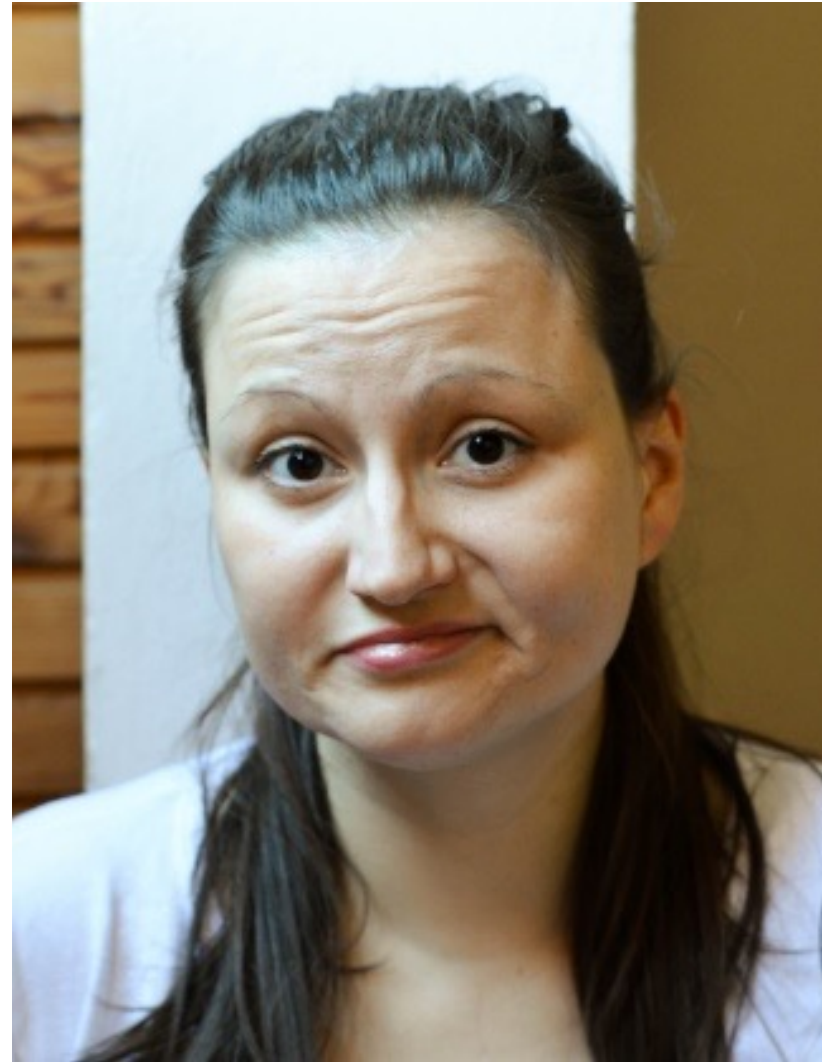
e

...the matter?

What's the matter?

I've had such a terrible day today!

If you look sad or angry, someone may ask you how you're feeling using **this question**.





Read the quotation

“

When discussing feelings, be aware of the other person's emotional state. Reacting appropriately in these situations is crucial to developing a connection with them.

Imagine your friend is extremely angry about losing her job.

How would you react appropriately in this situation?

Is there anything you wouldn't do or say to her?





What do you think?

**Generally speaking,
how much effort do you
make to ask other people
how they're feeling?**



**Are there any situations
where you would choose
not to ask someone how
they're feeling?**



Describing feelings

Match the adjective in **blue** with the correct **synonym**.

1

*I was **astonished** to see Anna at the nightclub. She never goes out!*

a

really sad

2

*I was **devastated** to hear about the car accident.*

b

very pleased

3

*I was **thrilled** when they told me I was getting a promotion.*

c

extremely surprised

4

*I was **furious** about our flight getting cancelled!*

d

embarrassed

5

*I felt **awkward** when my boss started shouting at the client!*

e

really angry



Describing feelings

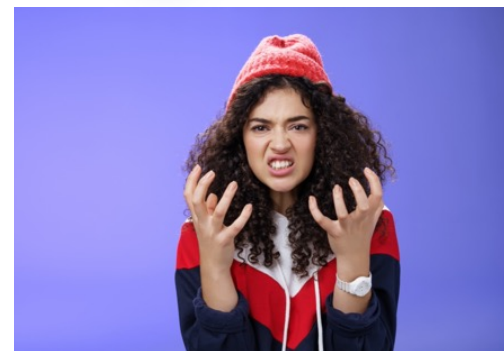
I was over the moon when I found out I'd got the job!



My wife left me. I'm feeling really down about it.



Tom's complaining really gets on my nerves!



What's a synonym for *to be over the moon* about something?

If you're feeling *down*, are you happy or sad about something?

Does this person find Tom's complaining annoying or not?



I couldn't believe it when I found out I was pregnant!



Was she **surprised** to get pregnant or not?



Fill in the gaps

Choose the correct word from the box on the right.

- 1 My boss was _____ when she found out I'd lied to her about sending the report out.
- 2 I was _____ when my mother passed away last year. We were so close!
- 3 My husband and I were _____ when the estate agent told us he'd managed to sell our house.
- 4 I met an old friend, Sam, last week and I was _____ by how he looks. I barely recognised him; he looked like a totally different person!
- 5 Martin felt so _____ when his mother-in-law kept calling him Michael and forgetting that wasn't his name.

thrilled
devastated
awkward
furious
astonished



Discuss

Choose two questions. **Ask** a classmate.

- 1 When was the last time you were **over the moon** about something?
- 2 Imagine you're feeling a bit **down**. What is the first thing you do to cheer yourself up?
- 3 What's a situation in life that would make you feel extremely **awkward**?
- 4 What's an easy way for someone to **get on your nerves**?





Choose two adjectives

1. **Write** two questions using your chosen adjectives.
2. **Ask** and **answer** your questions with a classmate in breakout rooms.
3. **Share** one interesting answer with your class afterwards.



Astonished



Devastated



Thrilled



Furious



Awkward

*Can you think of a news story that you remember being **astonished** by?*

*What was the last time you were **thrilled** about something?*



Discuss

How would you **feel** in each of these situations?

You've had no hot water in your flat for over two weeks.

You have just won a million dollars on the lottery.

Your partner's health is worse than ever.

One of your colleagues keeps being extremely rude to you.



Role-play

1. **Choose** a situation from slide 14. **Imagine** it happens to you and you **tell** a friend about it.
2. **Role-play** the conversation with a partner. **Explain** what's happened and how you feel.



You

I'm feeling a
bit down
today.

Oh, really?
What's the
matter?



Your partner

No hot water

Winning the lottery

Partner's health

Rude colleague



End of the lesson

Idiom

to wear your heart on your sleeve

Meaning: to allow your feelings to be seen by others.

Example: Eric is one to **wear his heart on his sleeve**. We always know how he's feeling!



Additional practice



Fill in the gaps

Choose the correct word to complete the questions.

- 1 Would you _____ to talk about it?
- 2 What's the _____?
- 3 Do you _____ something on your mind?
- 4 _____ everything alright?
- 5 Are you _____ ok?

have
matter
like
is
feeling



Discuss



Writing down your thoughts is one way to understand your feelings. The more you write, the closer you get to the core feeling at work.

What are some benefits of writing your feelings down?

Do you ever write down your feelings?

What are some other ways to help process your feelings?





Writing

Aim to write 60-80 words.

Choose a different situation from slide 14 or invent your own.

Write a short journal entry expressing how you're feeling.





Answer key

P. 4: 1. b, 2. c, 3. e, 4. a, 5. d

P. 8: 1. c, 2. a, 3. b, 4. e, 5. d

P. 11: 1. furious
2. devastated
3. thrilled
4. astonished
5. awkward

P. 19: 1. like, 2. matter, 3. have, 4. is, 5. feeling



Summary

Politely asking about feelings

- *Are you feeling ok?*
- *Do you have something on your mind?*
- *What's the matter?*
- *Would you like to talk about it?*
- *Is everything alright?*

Describing feelings

- *astonished; devastated; thrilled; furious; awkward;*
- *I felt **awkward** when my boss started shouting at the client.*
- *I was **thrilled** when they told me I was getting promoted.*

More idiomatic expressions

- *to feel **down** about something*
- *to be **over the moon***
- *to **get on** someone's **nerves***



Vocabulary

Are you feeling ok?

Do you have something on your mind?

What's the matter?

Would you like to talk about it?

Is everything alright?

astonished

devastated

thrilled

furious

awkward

to feel down about something

to be over the moon

to get on someone's nerves

