

SPEAKING

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 set of guidelines to help us identify and 1. _____ the emotions we feel. Some cultures value social 2. _____ over individual expression. This means that emotional 3. _____ may be avoided if they are seen as causing problems within a group. How we 4. _____ different emotions also varies from culture to culture. Certain feelings, such as sadness or happiness, may not be shown 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?**





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**.

1



What usually causes you stress in your life?

2



What do you do when you feel stressed?

3



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?**





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?





Discuss



**How do you feel while
you're speaking
English?**



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



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.*



Vocabulary

happiness

confidence

regret

anger

reactions

to interpret

to express

harmony

public

stress

anxious



Notes

