

Expressing feelings

Introduction

- **Level:** B2
- **Skills:** Speaking
- **Topics:** Vocabulary

The enigma

- **Keywords**

The participants are given a list of “feelings and emotions “ and also a puzzle. They have to scan it and find 18 words in 20 minutes with the help of the list. Then, the participants are invited to have a conversation on the actions happened the day before. They have to speak about the way they felt according to a certain feeling: for example a classmate took his / her rubber without asking for permission or they got a bad mark etc.

- **Toolbox**

Worksheet, pen

- **Description of the enigma**

The participants are divided in five groups, each group having a name, getting 2 worksheets, one list containing feelings and emotions and another where the participants have the task to find 18 words in a limited time. The first 5 participants who have found the 18 words become leaders, one for each group, supervising the other participants conversations on the way they felt yesterday, naming and showing feelings and emotions so as they can practise the words they found out on the crossword puzzle chart. The best and most original participant mimicry will be voted by the others.



Expressing feelings



How do you feel?



Happy 	Sad 	Mad 	Scared 	Shy
Tired 	Grateful 	Silly 	Proud 	Embarrassed
Surprised 	Worried 	Disappointed 	Bored 	Curious
Excited 	Confused 	Confident 	Frustrated 	Grumpy



Expressing feelings

Word search

How many words can you find in 12 minutes?

AFRAIDFRUSHDETICXE
 SEDANGYKOPDFUCORIS
 UDRNEROUVSDEROBDSJ
 RIXEHNEWYOPCJNASEE
 PSWRUCURIOUSAFZEHA
 HAIVA ITOAL
 RPMOV DOBPO
 EPBUG EFSPU
 MOOSU NVUYS
 BIRZR TERGK
 ANDGB FIPXE
 RTEM E OVSCLE
 REWMD SODEF
 ADAWE ZAETH
 SGIQT EMDOT
 SPGUS IONDW
 ETHEU XEAUT
 DPAFG AFDAC
 SAPUS NZFRD
 CHYSJ GTNME
 JAVED HIVCS
 AELDAAHFBOESFYTHOU
 NSSMJOPRTQWERBURTF
 GRUSRFRUNSTRATEDWON
 RERFULCDESIRPRUSFO
 YELANNOYEDTXHHAYSC

Emotions

Below are 18 words that describe how people feel sometimes.

18 words in 12 minutes!
 Can you find them?

- | | |
|--------------|-------------|
| afraid | disgusted |
| angry | embarrassed |
| annoyed | excited |
| bored | frustrated |
| calm | happy |
| confident | jealous |
| confused | nervous |
| curious | sad |
| disappointed | surprised |



Expressing feelings

The 'Happy Chart'

How did you feel yesterday?



	AM					PM									
	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00
5															
4															
3															
2															
1															

5= very happy
 4= happy
 3= okay
 2= upset
 1= very unhappy



Discussion



Show your chart to a classmate and discuss the questions below.

1. What happened to make you feel the way you did at each of these times?
2. How do you feel right now? Why?
3. How can you change your life to feel happier?
4. Talk about (and/or write about) one of the happiest times of your life.



More information

Possible restrictions

Students with Dyscalculia or visual processing disorder may have difficulties.

