

## *Live Lesson Notes*

# Feelings and Emotions

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### What you will learn

1. Vocabulary
2. Practice
3. Mental Health
4. Listening skills
5. Idioms

## Some useful Links

**Mental Health** and well-being

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

**Mood diary**

<https://mymoodpath.com/en/magazin/mood-diary/>

**Happy at work**

[https://www.ted.com/talks/](https://www.ted.com/talks/michael_c_bush_this_is_what_makes_employees_happy_at_work?language=en)

[michael c bush this is what makes employees happy at work?  
language=en](https://www.ted.com/talks/michael_c_bush_this_is_what_makes_employees_happy_at_work?language=en)

**Emotional intelligence**

<https://globalleadershipfoundation.com/geit/eitest.html>

Improve your Pronunciation for IELTS with this app - ELSA

<http://bit.ly/ElsaxEnglishSpeakingSuccess>

An exclusive offer for my students from ELSA:

<https://elsaspeak.com/inf/englishspeakinguccess/>

Click to get a complete **Mock IELTS** Test.

<https://takeielts.net/the-path-to-success-in-the-ielts-test/>

Use the CODE: **keith10** to get a 10% discount.

Find a teacher on **italki** so you can start practicing all the language you are learning here. Practice is the key!

<https://bit.ly/IELTSSpeakingitalki>

Follow me on **social media**

<https://www.facebook.com/keithspeakingacademy>

<https://www.facebook.com/groups/KeithIELTSMastermind/>

<https://www.youtube.com/channel/UCiVm8XcbwS8-pcDEa5IFXIA>

## Introduction: Feelings and emotions

There are two main types of feelings or emotions; **primary and secondary**.

**Primary** emotions include,

- Love
- Happiness
- Surprise
- Anger
- Sadness

Each of these can lead to **secondary** emotions, a kind of reaction to the first emotion. For example, love could lead to feelings of,

- Excitement
- Confusion
- Embarrassment

Of course we could also divide feelings into **positive** and **negative** ones.

In this lesson we will look at the vocabulary you need to describe a range of different feelings, as well as talking about topical issues such as, mental health and emotional intelligence.

# IELTS Speaking Vocabulary: Feelings and Emotions

*Common questions to ask people how they are or how they feel are:*

- How are you feeling?
- How are you doing?
- How is it going?

*Common answers might be:*

- I'm doing fine
- I feel great
- I'm fine
- I'm good
- I feel just terrible

*Below we can see synonyms for common feelings:*

I feel **happy** today

- content
- pleased
- ecstatic = *very happy*
- elated = *very happy*

I am happy about / that \_\_\_\_\_

- glad
- pleased
- delighted = *very happy*
- thrilled (to bits) = *very happy*

I feel **angry**

- cross
- irate
- vexed

I feel **sad**

- down (*in the dumps*)
- low
- blue
- despondent

**Practice these, by finishing the following phrases:**

I feel vexed when / whenever .....

I feel thrilled when.....

I feel down in the dumps when....

I feel excited when....

## **WORD FAMILIES:** Nouns, adjectives and verbs...

### **Task**

*When we learn vocabulary, it's a good idea to be aware of word families, that is, the noun, adjective, verb, adverb, etc... of a word.*

*Look at the table below and*

- 1) Fill in the missing words*
- 2) Choose ONE of the words from the table, and make ONE Sentence that is true about you*

*Answers at the bottom of the PDF*

<b>Verb</b>	<b>Noun</b>	<b>Adjective</b>
To loathe	Loathing	
To adore		Adorable
To irritate		Irritated / Irritating
To confuse	Confusion	

## Practice: Guess the scenario

Look at the pictures below and answer this question:

**How are they feeling? Why?**



Other words meaning “**Confused**”

- Baffled
- Perplexed
- Flabbergasted
- Puzzled
- Bewildered

# Mental health and Mental well-being

**How do you keep your mental well-being?**

**Similar questions:**

How do you **tackle** mental health problems?

How do you **handle** mental health problems?

How do you **cope with** mental health problems?

*The following phrases can be useful to answer this question:*

- Improve your mental health
- Improve your mental well-being
  
- Build a sense of self-worth
- Boost self-confidence
- Raise your self-esteem
- Build a sense of purpose
- Get a feeling of purpose
  
- Provide emotional support
- Connect with others
- Share positive experiences

Don't rely too much on technology

Great for your physical health

Change your mood

Create positive feelings

Small acts of kindness



I do yoga and practice meditation

I share positivity with **mates** = *friends*

I think positive

I adopt a growth mindset

I stay away from toxic people

I indulge in an activity I enjoy, like cooking

I stay away from social media

I do regular exercise

I stay I touch with friends

I **take** difficulties **in my stride** = *I don't worry too much*

I **take** problems **with a pinch of salt** = *I don't worry too much*

I keep myself busy

I get engaged in a number of daily activities

*Get more advice from this website*

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

## Listening Task

Watch and listen to Stan talking about feelings and how men and women express feelings in different ways.

Try to spot as many words/phrases as possible related to feelings.

Here is the tape script with the answers in **bold**.

## Listening Task - SCRIPT

So feelings and emotions, interesting topic, yeah?

My girlfriend Julie, she is very good at expressing her feelings. Sometimes, you can **read her like a book**.

When she's happy, she tells you.

How are you love? Ohh, **I'm over the moon**. I'm **ever so pleased** I passed my exam.

When she's **down in the dumps**, you can tell.

Are you ok, dear? No, I am not, I am **depressed**.

I don't want any dinner, I am not **in the mood**, leave me alone.

That's Julie.

When she's **angry**, you know about it, right?

I am so **cross** with Colin at work, I did a great job preparing our presentation and **he stole my thunder**, telling the bosses it was mostly his work! Idiot!

Tell you what, my Julie is an **expressive** person.

But, when she asks me: how are you doing? *Yeah alright*

Are you feeling ok? *Yeah alright*

Some men, like yours truly, are just not very **expressive**, right?

Some men, I reckon, like yours truly, it's not that we don't how to **express our feelings**, it's just that we don't always know how we actually feel!

We don't spend a lot of time thinking about feelings and analysing them. We just **are!**

What was that geezer, that bloke, who said,

"I think, therefore I am"

Well, I reckon, if he were a woman, sorry, If he had been a woman, she would have said,

"I feel, therefore I am"

I reckon men today, it's more like,

"I am, therefore I am"

## Idioms to talk about Feelings

To be in the mood to do / for doing = *to feel like doing something*

To have mood swings = *your mood changes a lot (negative)*

To be in low spirits = *to be sad*

To feel down in the dumps = *to feel sad*

I am feeling under the weather = *feeling sick, feeling off colour*

To be on an emotional roller coaster = *to be experiencing lots of different emotions (negative)*

To be on a high = *to be happy*

I feel out of sorts = *I don't feel myself = don't feel comfortable or happy*

I am tickled pink = *to be very happy*

## Word Family Answers

<b>Verb</b>	<b>Noun</b>	<b>Adjective</b>
To loathe	Loathing	<b>Loathsome</b>
To adore	<b>Adoration</b>	Adorable
To irritate	<b>Irritation</b>	Irritated / Irritating
To confuse	Confusion	<b>Confused / confusing</b>