

**Topic: Emotions**

**Let's get started...**

How are you feeling today? Are you happy? Sad? Excited? Worried? Content? Overwhelmed? Why do you feel this way?

**Background:**

During the day or the week we may experience many different feelings, or emotions. Sometimes these emotions are caused by our relationships, our jobs, or the events in our lives. Sometimes we have emotions but we don't know what caused them. We can also influence other people's emotions. Sometimes we encourage people or cheer people up. Sometimes we irritate people, make them angry, or hurt their feelings.

In general Americans show their emotions openly. They may show their emotions with body language – by crying, or by hugging or kissing in public. They may also show emotions with words. They may say, "I'm bored." "I'm in a bad mood," or "I feel grumpy." But sometimes an American will tell a "little white lie" – a small untruth – in order not to hurt someone's feelings.



**In pairs for 5 minutes, ask and answer these questions:**

- Tell about a happy time in your life.
- How old were you?
- Where were you?
- What was special about that time that made you feel happy?

**Share your partner's answers with the group.**



**Discussion Questions:**

What are some things or events that make you feel happy?

What are some things that make you feel angry? Do you have a pet peeve?

Have you ever had your feelings hurt when talking with an American? What happened? Do you think that the person meant to be unkind?

If you had spent the day with a badly-behaved child, and his parent asked you, "Did you have a nice time with my son?" What would you say? Have you ever told a "little white lie?"

In your native country, is it okay to express all types of emotions? Are some emotions not expressed in public? How do people show emotions? Is it okay for men to cry? If you feel sad, do you let other people know?

What do you think about men and women who hug or kiss in public?

Describe a time when you were angry or worried. Did you express your feelings?

In your native country do different colors symbolize different emotions?

Have you ever cheered someone up who was feeling sad? How did you do it?

Is it important to know why we feel certain emotions at certain times?

What is a positive response to anger? What is a negative response?

How do you feel when you make a mistake?

Some people think having a nice car or a big house will make them happy. What do you think you need to have a happy life? Do you think money brings happiness?

Do you think the same kinds of things make people from any country feel happy ?

Does happiness depend on culture? Age? Gender?

Who are the happiest people in the world?

**New words and Idioms:**

Excited; worried; content; overwhelmed; influence; hurt feelings; grumpy; fed up; "little white lie;" I've had it; symbolize; feeling blue; under the weather; green with envy; happy as a lark, money can't buy happiness; in a rage; pet peeve; happy camper; even-tempered; cheer up; express emotions