

**CROSS-CURRICULAR LESSON PLAN ON THE TOPIC:
EXPRESSING EMOTIONS**

School: AGRUPAMENTO DE ESCOLAS DE IDÃES

Teacher: SUSANA PEREIRA

Class: 8A

Outcomes:

After this lesson, students will be able to:

define 'emotion'

explain the relationship between situations and emotions;

describe how and why emotions are important;

identify and discuss ways to express emotions in English;

Description of the activities:

Activity 1: Activating interest

Students are shown a picture of a fortune teller that was asked to predict a situation for each student. Those predictions are written in slips of paper and will be given to you by your teacher.



Students are given slips of paper with different sentences and an instruction to draw a face expressing the feeling / emotion they would experience if the sentences were true.

You have just won the lottery!	How do you feel about this?	Draw a face / show your emotion
You are going to spend one year in The USA by yourself.	How do you feel about this?	
Your best friend's parents are getting divorced.	How do you feel about this?	
You are going to fail all your exams.	How do you feel about this?	
Your mother bought you new clothes.	How do you feel about this?	
You found a wallet with money and identification of the owner.	How do you feel about this?	
You are going to live one year in Spain with your family.	How do you feel about this?	
Your family will move to a different city and you can go or stay.	How do you feel about this?	
Your teacher will accuse you of cheating in tests.	How do you feel about this?	
You will be a famous person in the future.	How do you feel about this?	
You won't be able to eat during breaks for rest of the semester.	How do you feel about this?	
Your friend will have an accident with his bicycle.	How do you feel about this?	
Drinking water will be forbidden in school.	How do you feel about this?	
Your best friend will never talk to you again.	How do you feel about this?	
You will win all competitions at school.	How do you feel about this?	

Students are given time to draw and discuss with a peer their feeling. They are asked to find a word in English to match their drawing. Students are expected to write words such as happy, sad, angry, hungry, disappointed. Students watch a video and take note of all adjectives related to emotions on their notebook. <https://youtu.be/7uY2HrQ9qQ8>

Activity 2: Guiding understanding

Students are asked to listen and read the text: Teen blog.

TEEN BLOG

WHAT ARE YOU WORRIED ABOUT?

I've been worried about my weight since I was about 12. There's a lot of pressure at school to look cool and pretty, like the models in magazines. I'm tall, but I'm not skinny. Someone took a really horrible photo of me on their phone and sent it to everyone in the class. I was really upset by that.
Hilary, 14

I hate exams. I get so stressed out... I bite my nails and I get really moody. And we have exams all the time! There's always a lot of pressure out on young people these days to do well in exams. My parents always check my homework to see if it's perfect, and they fly into school to complain if I don't get only A's. They push me so much that I can't have a normal life. They say I have to work hard to be the best.
Adam, 13

I'm 15 years old and, unfortunately, I have two helicopter parents. They always try to control my social life and they get angry if I do badly at sports. At least four times a day, they call me or send text messages to ask where I am, see who I am with and what I am doing. This is quite embarrassing, especially when I'm with my friends...
Alison, 15

VOCABULARY HELP
fly – rush, go immediately
helicopter parents – parents who pay close attention to their children's experiences and problems.
lost his job – became unemployed
a newspaper round – a job delivering newspapers to people's homes
things will sort themselves out – the problems will be solved

My dad has lost his job and my mum works really long hours for not much money. I've got a newspaper round before school, but I can't find a weekend job, especially at my age. I really want to earn money for my family. I find it really difficult to ask for money from my parents as we don't have a lot of money at the moment. But things will sort themselves out.
William, 16

Teen Magazine (adapted)

Students are asked to solve a true or false exercise about the text in order to check understanding of it.

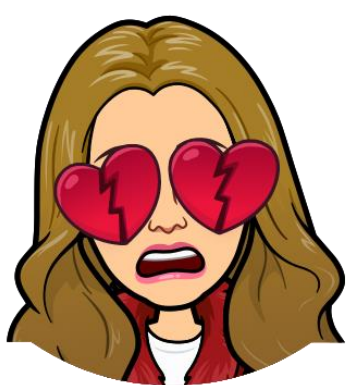
Are these sentences true or false? Correct the false ones.

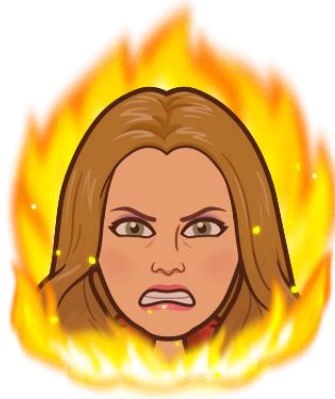
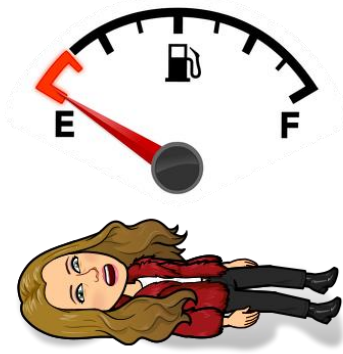
- Hilary worries about her body image.
- She thinks she's too thin.
- She was bullied at school.
- Adam keeps calm when he has exams.
- Young people feel under pressure.
- Alison's parents want her to be good at sports.
- They give her plenty of freedom.
- William's parents both have jobs.
- He is confident about the future.

Students are given cards and a list of words to create a domino about emotions and feelings.

Brave	mad	Mischievous	annoyed	Angry	Arrogant
Curious	Nice	Miserable	Wondered	Aggressive	Awful
Excited	Meditative	Nasty	Surprised	Agonized	Bad
Friendly	To be in love	Nervous	Serious	Sad	Bored
Glad	Joyful	Puzzled	Sensible	Shocked	Confused
Good	Interested	Optimistic	Satisfied	Silly	Crazy
frustrated	lonely	hurt	Upset	Frightened	jealous
Great	Innocent	Pleasant	Quiet	Sorry	Disappointed
happy	Honest	proud	Pleased	Suspicious	disgusted







EXAMPLE:





Activity 3. Assessment

Students are asked to create their own bitmoji and dictionary of emotions.

Students are asked to write a paragraph for the TEEN BLOG expressing their feelings & worries or emotions towards a situation they have experienced.