

★ ALL STARS ★ HIGHLY EMOTIONAL PEOPLE

We are going to listen to a song that talks about feelings and emotions but, before we listen, let's exercise with the following...

PREPARATION:

Why do you think it's sometimes hard for people to express their emotions?

Do you think expressing your feelings makes a difference in your life?

How important is it to have someone to share your emotions with?

Does it often happen to you that you hold back your feelings?

How do you think society views emotional expression, especially for different genders? Are men and women expected to express their emotions differently?

Before we listen, let's pay attention to some quotes from the song.

LYRICS PREVIEW:

**"YOU KNOW IT'S SAFE TO TELL ME HOW YOU FEEL
I NEVER SEE YOU CRY"**

**"PEOPLE SAY MEN DON'T CRY
IT'S SO MUCH EASIER TO JUST LIE"**

**"I FEEL YOUR PAIN,
'CAUSE I KNOW LIFE IS HARD
BUT YOU CAN LET GO
ALL THE PAIN IN YOUR HEART"**

"EMOTIONS ARE A PART OF OUR DESIGN"

What emotions or ideas do you think the song might address after reading these lyrics?

What do you think the song may be helpful to deal with emotions in daily life?

How do you interpret the line "People say men don't cry"?



LET'S LISTEN!

Life is a game that the universe plays
We are the pieces in a puzzle called fate
Life takes its time in its own fashion
Emotions unfold like a superbloom in action
The universe hangs like a necklace from God
Jewels suspended in the cosmos
And it makes me believe
This is how we're meant to be
'Cause we're just highly emotional people
And you don't need to hide
Sometimes it's hard to tell me how you feel
I never see you cry I never see you cry

All of the weight you have carried around
Feelings come up and you push 'em back
down

I feel your pain, 'cause I know life is hard
But you can let go of the pain in your heart
'Cause we're just highly emotional people
And you don't need to hide
You know it's safe to tell me how you feel

I never see you cry

I never see you cry

People say men don't cry

It's so much easier to just lie

'Til somebody takes their life

Emotions are a part of our design

'Cause we're just highly emotional people
And you don't need to hide
Sometimes it's hard to tell me how you feel
I never see you cry
'Cause we're just highly emotional people
And you don't need to hide
You know it's safe to tell me how you feel
I never see you cry
I never see you cry
I never see you cry



In the phrase "*highly emotional people*," the word "*highly*" functions as an adverb of degree. It modifies the adjective "*emotional*" by intensifying or specifying the extent to which the people are emotional. Adverbs of degree are used to indicate the level or intensity of an action, adjective, or another adverb.

Can you think of more examples using the ones below?

EXTREMELY - INCREDIBLY - TOTALLY - DEEPLY - VERY

FAIRLY - SOMEWHAT - SLIGHTLY - A LITTLE - BARELY

ADVERBS OF DEGREE AND EMOTIONS!

Complete the sentences with the emotions from the box. You can get help by the Contexts of the situations. Think of answers for the questions after each sentence.

ANGRY ANNOYED ANXIOUS EXCITED EXHAUSTED
HAPPY MOVED NERVOUS SURPRISED UPSET

"She was extremely _____ when she found out about the mistake."

Context: During a work project, a serious mistake was made, and it caused her a lot of stress and frustration.

Question:

Do you think her anger is mild or intense? Explain why.

"He felt incredibly _____ after getting the good news."

Context: He is waiting for months to hear back about an important job opportunity, and he finally gets a positive response.

Question:

What kind of news could make someone feel this way?

"I'm totally _____ after that long day."

Context: After working from morning and dealing with various problems, they are physically and mentally drained.

Question:

How is this feeling different from feeling a little tired?

"They were deeply _____ by the heartfelt speech."

Context: During a charity event, a survivor gave an emotional speech about their journey, and it resonated with the audience.

Question:

What kind of speech or story might cause this emotion?

"He was very _____ about the upcoming trip."

Context: He has been planning a dream vacation to a country he's always wanted to visit.

Question:

What makes you feel this way in your daily life?

"She was fairly _____ by the unexpected gift."

Context: On her birthday, a woman receives a thoughtful gift from her childhood friend.

Question:

How is this level of surprise different from being completely shocked?

"He felt somewhat _____ before his presentation."

Context: It's his first time presenting in front of a large group at work, and he's anxious about how it will go.

Question:

What helps you when you feel like this?

"I am only slightly _____ by the delay."

Context: Their friend was late to meet them for coffee, but it wasn't a big deal.

Question:

How serious is the situation? How can you make this sentence sound more serious?

"She's a little _____ about the new job."

Context: She's starting a new job next week, and while she's mostly excited, there's a small amount of anxiety about the unknown.

Question:

What kinds of situation can make someone feel like this? Is this emotion likely to last long?

"He is barely _____ by their comment."

Context: A group of co-worker make a remark that is offensive, but the other person doesn't feel much bothered

Question:

Why might someone feel barely upset in this situation? What does this say about how the comment affected him?