

ACTIVITY 1:

Understanding Emotions

NAME: _____



ANGRY



FEAR

Emotions are part of our daily life. **We feel happy, sad, angry, or excited** depending on the situation. **It's important to understand** our emotions so we can manage them.

Happiness helps us connect with others. Sadness shows we care. Anger can be useful if we use it to protect ourselves.

When we understand our feelings, we can talk about them and ask for help when we need it.



HAPPY



SAD

Use of language Notes:

We feel happy, sad, angry...

Uso de adjetivos emocionales básicos. Ejemplo claro del verbo "feel" en presente.

It's important to understand...

Estructura con "It is important to + verb" → para expresar importancia o necesidad.

We can talk about them...

Uso del verbo modal "can" para expresar posibilidad o habilidad.

...and ask for help when we need it.

Frase común para expresar cuándo pedir ayuda.

Grammar Notes:

Tema	Ejemplo del texto	Explicación breve para clase
Present Simple	<i>We feel, It's important</i>	Usado para hechos generales y verdades universales.
Adjetivos emocionales	<i>happy, sad, angry, excited</i>	Describen cómo nos sentimos.
Modal verb: can	<i>We can manage them, Anger can be useful</i>	"Can" expresa posibilidad o capacidad.
Conectores	<i>so, when</i>	Ayudan a unir ideas: causa-efecto, tiempo.

1. Skimming – Identifica la idea principal

🔍 What is the main idea of the text?

- A) Emotions are bad for us.
- B) Emotions can help us and we should understand them.
- C) Only happiness is important.

2. Scanning – Encuentra información específica

🔍 Encuentra en el texto la información precisa para responder, luego une la pregunta a la respuesta correcta:

Questions

- a. What are four emotions mentioned in the text?
- b. What does sadness show?
- c. What can we do when we understand our feelings?
- d. What is anger useful for?

Answers:

- ☐ We can talk about them and ask for help.
- ☐ Happy, sad, angry, excited
- ☐ To protect ourselves.
- ☐ Sadness shows we care.

3. Reading for Detail – Analiza el contenido con más profundidad

📖 Responde estas preguntas reflexivas:

1. Why is it important to understand emotions?

2. What is one positive thing about each emotion: happiness, sadness, and anger?

3. How can understanding emotions help in our daily lives?