

WHAT ARE YOUR FEELINGS AND EMOTIONS? (ENGLISH CLASS FOR FUTURE PSYCHOLOGISTS)

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Students know all shades in expressing emotions and feelings in the mother tongue so it is necessary to get to know them in English, especially for future psychologists as curers of human souls.

The purpose of the English class is to present general information on human feelings and emotions, their significance in everyday life, to practice words reflecting positive and negative emotions and feelings as nouns (synonyms, antonyms), adjectives, Participle II and sentences with the verb to be in Present, Past and Future Simple Tense. All tasks can be individual or team, oral or written, class or home assignments.

The class can be started with the question for each person in the group: How are you? How do you feel today?

Then the following definitions are proposed:

Emotion is a momentary reflection of inner Self as a reaction on surrounding stimulus.

Feeling is a **deep** set of emotions, it is quite steady. Feelings can be contradictive (as you know there is only one step from love to hate).

There are various expressions for a range of mood sets in the English language (a state of mind and soul): to feel (well) bad; to be in (low) high spirits; to be (up) down; to be in a (good) mood; to be in edgy mood; to be down hearted; to feel at a loss; to feel low; to be in temper.

In Ukrainian it is the same word “pochuttya” but in English there are at least four of them: feeling of love, spirit of adventure, sense of humor, common sense, state of mind and soul. Also feelings can be of physical state (a lurch of hunger, thirst, exhaustion).

People express their emotions and feelings **most of all non-verbally but also in ordinary verbal communication.**

The question for a students` group is: What feelings and emotions do you express and how?

There are 6 inborn internationally distinguished emotions: Happiness, Sorrow, Disgust, Surprise, Anger, Fear. The teacher shows pictures with the expression of them and students are trying to guess (National Geographic, March 2005, P.62-63).

What a surprising fact: a newborn starts mocking his parents' emotions for the first weeks of life! (Berk, Laura E. Child development. – 3rd ed., 1994, P.147)

But the majority of emotions are uncertain, look at mysterious image of Mona Liza, icons and various portraits. The task to do in pairs is to draw faces with different emotions and guess what a partner wanted to express.

There are personal and national differences in expressing emotions and feelings (for example, Scandinavian, Italian, Japanese, American peculiarities).

A task is to present a personal opinion on how Ukrainians express their emotions and feelings.

The next 2 questions are.

What feelings and emotions do you share and how?

What feelings and emotions do you hide and why?

The task is the following: each of students writes as many positive and negative emotions and feelings as possible and fills in the proposed blank table, then creates an adjective and Participle II, composes a sentence, adds a personal attitude: I am happy because... I am happy when... Also a teacher can propose students to separate positive and negative emotions and feelings from a mixed up set.

The author has composed the table of positive and negative emotions and feelings as nouns, adjectives, Participle II and sentences with the verb to be in Present, Past and Future Simple Tense which contains more than 300 words.

Each day you go from positive emotions and feelings to negative and then back to positive ones – it is a regularity of human life. **The final statement** is that the balance of positive and negative emotions and feelings can enhance or ruin your INNER SELF and influence your self-esteem. So you should always stay on the BRIGHT side, HOPE and BELIEVE that every cloud has its silver lining – LIGHT of WISDOM.