

Mar 26 2021~ **How did you feel at that time?** (Lesson 8c)

Idiom: **sth = something; sb = somebody.

[see <http://eflsuccess.com/common/> for common abbreviations and punctuation names]

is fed up with sb/sth = is disgusted with sb/sth ***He is fed up with his noisy neighbors.***

is a sore loser = gets angry about losing ***Johnny was always a sore loser, so I stopped playing cards with him.***

is beat = is exhausted; is very tired ***After working hard for 12 hours, he was beat.***

break sb's heart = cause sb to feel very sad ***She broke his heart when she found a new boyfriend.***

count on sb/sth = depend on sb/sth; rely on sb/sth ***She can count on her husband to support their family.***

is in high spirits = is happy; is excited ***He was in high spirits on his wedding day.***

lose one's cool = get angry ***Don't lose your cool when your boss criticizes you.***

put up with sth/sb = tolerate sth/sb; endure sth/sb ***It's hard to put up with an annoying colleague.***

Expressing feelings

As we go through life, we have many different experiences and so many different feelings about those experiences. Here are six pictures of animals who seem to express feelings that people sometimes have. Look at each of the pictures, try to imagine how that animal is feeling at that time. Then share with your group about an experience you had in which you had feelings similar to the animal in that picture. For example, for Picture #1, maybe one time a friend of yours helped you "fly above" (overcome) something that was too difficult for you to handle on your own. Or, for that same Picture #1, maybe you enjoyed an adventure that caused you to be in high spirits. Also, try to **use some of the idioms above when telling your stories.**

#1: maybe feel supported, helped, excited, or happy?



#2: maybe feel sad, afraid, desperate, or trapped?



This unhappy cat is standing against a glass shower door while its owner washes it with a shower hose.

#3: maybe feel sorry, sad, shy, or angry?



#4: maybe feel angry, stubborn, or determined?



#5: maybe feel trapped, determined, or triumphant?



#6: maybe feel relaxed, safe, accepted, peaceful, or tired?



Bonus: Read and comment on these verses from the Bible. Which photo would you match with each one, and why?

- a. "Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God." Matt 5:7-8 (ESV)
- b. "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea." Ps 46:1-2 (ESV)
- c. "They who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Isaiah 40:31 (ESV)
- d. "Some friends don't help, but a true friend is closer than your own family." Proverbs 18:24 (CEV)
- e. "The Lord is near to the brokenhearted, and saves the crushed in spirit." Psalm 34:18 (ESV)

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Expressing feelings

As we go through life, we have many different experiences. Each experience brings different feelings. Today, your teacher will help you learn English words for various feelings, and will help you express your feelings.

Instructions: Before each photo, read the “feelings words.” (1) Ask your teacher about any words you don’t understand. (2) Describe what you see in the photo. (3) Try to imagine how that animal is feeling at that time. What might the animal say? (4) Share about an experience when you had a similar feeling.

For example, for Picture #1, one bird is riding on the shoulders of another bird. They are flying high in the sky. The small bird might be saying: “Thank you for helping me get there quicker.” What is the big bird saying? Then, maybe you can talk about a time when a friend helped you “fly above” (overcome) something very difficult.

Or, for that same Picture #1, maybe talk about when you enjoyed an adventure that caused you to be in high spirits.

#1: Describe this photo.

maybe you felt supported, helped, excited, or happy?



#2: Describe this photo

maybe you felt sad, afraid, desperate, or trapped?



This unhappy cat is standing against a glass shower door while its owner washes it with a shower hose.

#3: maybe feel sorry, sad, shy, or angry?



#4: maybe feel angry, stubborn, or determined?



#5: maybe feel trapped, determined, or triumphant?



#6: maybe feel relaxed, safe, accepted, peaceful, or tired?



BONUS 1: Study these idioms, then try to **use some of the idioms to talk about the pictures (or your stories).**

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BONUS 2: Read and comment on one or more of these verses from the Bible. Which photo would you match with that quote, and why?

- "Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God." Matt 5:7-8 (ESV)
- "God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea." Ps 46:1-2 (ESV)
- "They who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Isaiah 40:31 (ESV)
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