



How do we express feelings?

☐

Talk

about feelings.

☐

Learn

oracy ground rules.

☐

Write

a poem.

☐

Make

a class contract.

☐

Prepare

to give advice to a friend.

How do the children feel?





Can you imagine why the children in the photos feel like this?



When do you feel like this?



Oracy 

Ground Rules
 1, 2, 3



Key Words 1

stomp your feet	apologize
smile	nervous
annoyed	upset
drive someone crazy	shake



Watch the video and number in order.

- ☐ What do you do when you feel happy?
- ☐ What do you do when you feel angry?
- ☐ What do you do when you feel nervous?



Watch again. Complete the graphic organizer in the Activity Book.

Unit 1A

Ready to Read: Nonfiction

Reading Strategy:
Identifying Theme

The theme of a text is the most important message or topic.

- 1 Read and do the tasks.
- a What is the theme of this text?
monsters / family / jealousy
 - b How many examples of jealousy can you find in the text?
 - c Why is the girl in the photo jealous?

THE GREEN-EYED MONSTER

Jealousy is a negative feeling you have about someone. You feel jealous because they have something that you don't. You might be jealous of a friend who has a cool new bike, or your classmate who wins the spelling bee. Sometimes kids get jealous of a brother or sister who is getting special attention from their parents. These situations can feel unfair and can make you angry or upset. The writer William Shakespeare called jealousy the "green-eyed monster" because it can make us behave badly and hurt people.



- 2 Read the poem extract and do the tasks.
- I'm angry! I'm angry! I'm mad! I'm upset!**
My forehead is red, and I'm starting to sweat.
My feelings are hurt, and I'm jumping around.
I'm having a tantrum and pounding the ground.
- a What do you think the theme of the poem is? _____
 - b Underline words you don't know and look them up in a dictionary. Were you correct about the theme?

- 3 Play a word association game. One person says an emotion, the next says a related word, and so on.





When you are angry, what happens to your body?

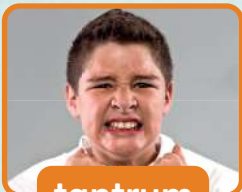




Key Words 2



sweat



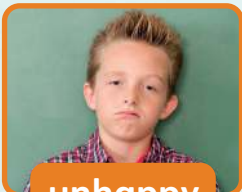
tantrum



scream



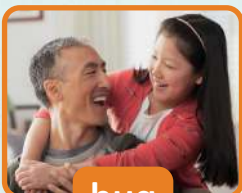
pout



unhappy



proud



hug

Help! Dealing with Difficult Feelings



When was the last time you were really, really nervous, or even terrified? Perhaps it was before a test or a school show. What about the last time you felt excited? Maybe it was for a party or a trip.

Read the poem. Do you sometimes feel like this?

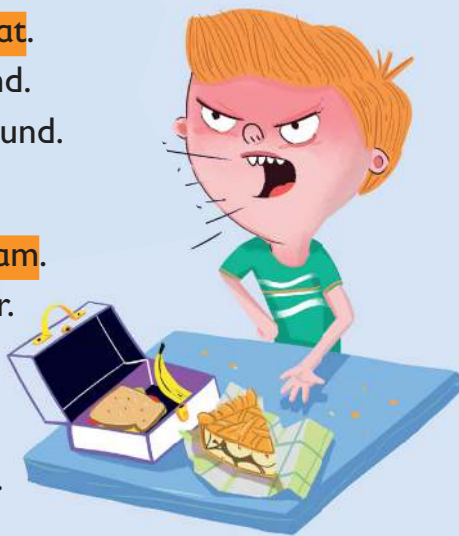
I'm Angry! I'm Angry!

By Kenn Nesbitt

I'm angry! I'm angry! I'm mad! I'm upset!
My forehead is red, and I'm starting to sweat.
My feelings are hurt, and I'm jumping around.
I'm having a tantrum and pounding the ground.

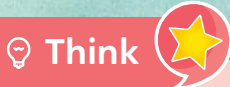
My temper is rising. My mood is extreme.
I'm ranting and raving and starting to scream.
I'm shouting. I'm pouting. I'm pulling my hair.
It's obvious life is completely unfair.

It happened today when I sat down to eat.
I opened my lunch, and I took out my treat.
I felt so unhappy I thought I might cry.
I wanted some cake, but I only got pie.



What happens to my body when I feel strong emotions?

We have physical reactions to emotions. There's a special part of your brain that reacts to anger. When you are angry, your body makes chemicals like adrenaline that give you extra energy and make you strong. Blood moves to your muscles. Your body is getting ready to fight or run. Your blood pressure and temperature go up. You breathe faster, and your heart beats faster, too. Even your eyes change!



What are some positive things you can do when you're angry?



Help! Dealing with Difficult Feelings



1.4

You can't control these changes because they are automatic, but you can change the way you act in response to them. Some people say you should count to ten when you are angry. That will give you time to calm down. Good advice!

What about happiness? Happiness happens in the brain, too. There are two important chemicals that make you feel happy: dopamine and oxytocin.

Dopamine gives you the feeling you get when you are **proud** of something, like if you win a video game. This chemical makes you feel great!

Oxytocin is the reason we feel good when we **hug**. It's really important for new babies to have skin-to-skin contact with their moms and dads because it increases their oxytocin.



What else can I do?

Everyone has difficult emotions sometimes. It is OK to have these feelings! What can I do when I'm angry, sad, or scared?



- Identify the feeling: *I'm scared*. Knowing how you feel can help you decide what to do.
- Talk to someone, like a parent, a teacher, or a friend.
- Write about your feelings in a diary.
- Draw or paint your feelings.
- Write a poem about your feelings.
- Run around or kick a ball really hard. You can even do a crazy dance!
- Shout your feelings at the sky or at the trees. *Raaaaah!*
- Imagine your difficult feeling is a big bubble. Now blow it away!



While I was writing a poem yesterday, I started to feel better.

How can I help my friends to deal with their emotions?

- Let them talk. Be a good listener.
- Practice breathing slowly together.
- Tell them that tomorrow is a new day.
- Remind them that you are their friend.
- Give them a hug if they want one.



Think



Do you think it's important to talk about your emotions? Why or why not?

Explore the Text



- 1 Which of these themes is not covered by the article? Circle.
- a Things you can do to control your emotions

b Your body’s response to feelings

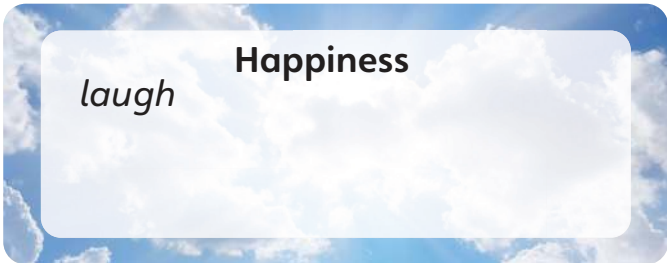
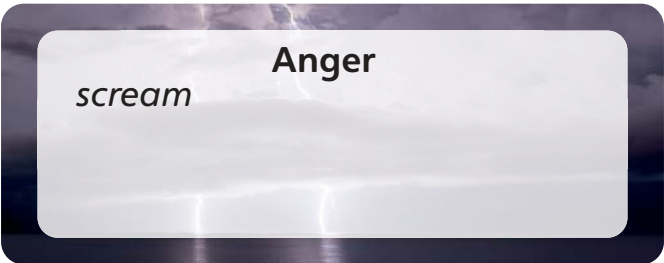
c How people express feelings differently in different cultures

d How to help your friends with difficult emotions

2 Complete the chart with details from the text.

Anger	Happiness
Your body makes the chemical called _____.	Your body makes chemicals called _____ and _____.
Your body is getting ready to _____ or _____.	Your body makes dopamine when you are _____ about something.
Blood moves to your _____. You breathe _____.	Your body makes oxytocin when you _____.

3 Find and circle words or phrases in the text associated with anger and happiness. Add them to the word clouds.



4 1.5 Key Words 3 Find the words in the text and circle them. Then match them with the definitions.

- a rant

b calm down

c pull

d automatic
- 1 relax

2 able to function without the help of a person

3 shout in an angry way

4 move something toward you

Time to Talk!

What makes you feel jealous? What makes you feel angry?
What makes you feel happy?

Grammar in Context

Grammar: Interrupted Past

While I **was** **writing** a poem yesterday, I **started** to feel better.
While I **was** **watching** the movie, I **wanted** to cry.



1 Read the sentences and do the tasks.

While I was running around,
I kicked a ball.

While I was writing my diary,
I calmed down.

- a Underline the verbs in the past simple. Then circle *was* and the verbs in the *-ing* form.
- b Do these sentences refer to the past, present, or future?

2 Listen to the song and number the situations in order.



3 Listen again and complete the sentences in the correct tense.

lose eat stay lie

- a While I _____ at the beach, I broke my smartphone.
- b I _____ some ice cream while I was looking out to sea.
- c While I was playing on the beach, I _____ my new shoes.
- d I read my book and finished it while I _____ in the sun.

4 With a partner, complete the sentence and invent a silly story.

I went to the beach last week, and something crazy happened! While I was _____ ing, suddenly ...

Spelling Patterns and Word Study



1 Listen and repeat. What sound do the words have in common?



say



paint



eight



steak

2 Listen and repeat. Then complete the chart.

play weight crayon explain great break sleigh email

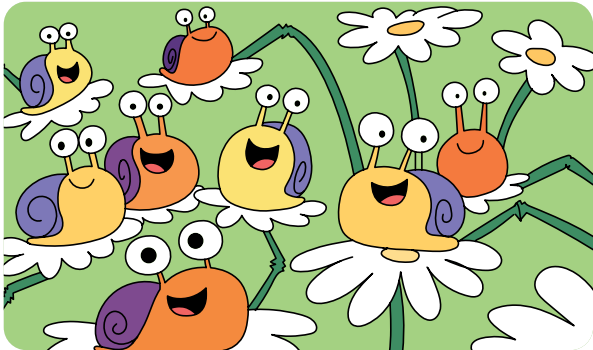
ai	ay	ei	ea

3 In pairs, take turns saying the words and spelling them aloud.

Spelling Tip

Ai, ay, ei, and ea can all make the long a sound.
say paint eight steak

4 Listen and say the tongue twisters.



Eight crazy snails break daisies while they play.

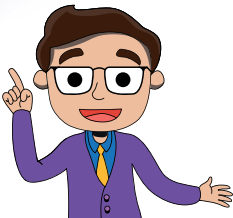


Great Aunt May hates painting on gray, rainy days.

Oracy

Oracy Skill: Ground Rules

Ground rules help make our presentations and discussions more effective.



1 Work in small groups to do the tasks.

- a Each group is assigned a table below.
- b Brainstorm five oracy ground rules for your table and complete it.
- c Share your ideas with the class. Discuss which rules are the same and which are different.

I'm Kate!



I'm Emma!



Table 1: Oracy Ground Rules for Discussion and Collaboration

1	_____
2	_____
3	_____
4	_____
5	_____

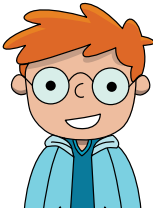
Table 2: Oracy Ground Rules for Giving Presentations

1	_____
2	_____
3	_____
4	_____
5	_____

I'm Liam!



I'm Jack!



Let's Practice Oracy! 1, 2, 3

- 1 Form groups. Discuss the **Oracy Time!** questions.
- 2 Remember to follow the ground rules.
- 3 Present your group's ideas to the class.

Oracy Time!

Prepare to welcome a new student to your class. What do you need to tell the new student? How can you help him or her feel relaxed?

Check Your Oracy!

1 My group followed the ground rules for discussion.	All the time / Sometimes / Never
2 Were any ground rules broken?	Yes / No
3 If any ground rules were broken, which ones?	

Writing



Write a Poem

- 1 Read the acrostic poems and answer the questions.
- a What are the hidden words?
 - b What is the theme of each poem?



friendship
LAughs
Loving Pets
sPecial occasions
exciting daYs out



feeling fruStrated
all ALone
tearDrops fall

Improve Your Writing: Adjectives

When we talk about emotions, we often use -ed adjectives.
I felt bored / frightened / excited.

When we describe things such as books, movies, or events, we often use -ing adjectives.
The movie was boring / frightening / exciting.



- 2 Underline the -ed and -ing adjectives in the poems. How many are there?
- 3 Choose an emotion. Make a list of all the words and phrases you associate with it.
- 4 Prepare to write an acrostic poem in the Activity Book.