

UNIT 1

Your Emotions



What effects do your emotions have on your body?

In this unit, you will ...

- learn new words
- read about emotions
- learn the present simple tense in the third person singular
- practice a dialog about emotions
- study capitalization
- make a chart and present it

Quick Check: I know the word ...

- ☐ nervous
- ☐ pleased
- ☐ disappointed
- ☐ fear

**Did you know?**

Emotions are feelings. We feel them in our bodies and in our brains. They help us connect with others.

Thoughts are the ideas we have in our heads. Sometimes we say them aloud, but other times we don't.

**Think! Think!****A** Talk about the picture.

- 1 Where do you think the people in the picture are?
- 2 How do you think the two people in the picture feel?

B Think and answer the questions.

- 1 What makes you happy or sad?
- 2 Can you name any other emotions?
How does your body react to those emotions?

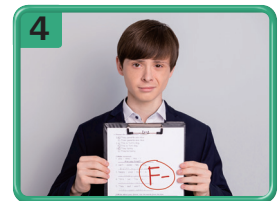
WORDS TO KNOW

Listen and read the words.  U1-1

• nervous • pleased • bored • disappointed • effect • fear •

• reaction • attack • beat • anger • cause • harmful •

A Choose the correct word from above for each picture.



B Match the parts to make complete sentences.

- | | | |
|--------------------------|---|----------------------|
| 1 Bright lights cause | • | • was beating fast. |
| 2 Mark's face turned red | • | • around dogs. |
| 3 The girl feels nervous | • | • the girl to blink. |
| 4 The bird's heart | • | • with anger. |

C Fill in the blanks using words from above.

- This medicine has a good _____ on flu patients.
- I want to know Ann's _____ to the gift.
- The surprise _____ began before sunrise.
- Ted's toys are too old. He is _____ with them.



BEFORE YOU READ

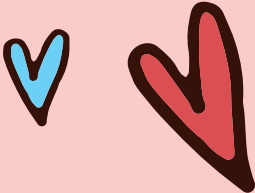
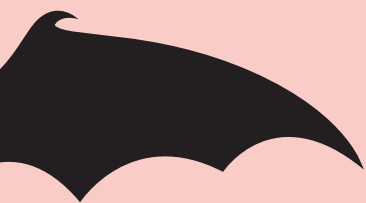
- What is the strongest emotion you feel?
- When do you feel that emotion?
- What happens to your body when you feel it?

Emotions and Your Body





Our emotions happen in our brains. But they can have **effects** on our bodies. For example, why do our faces turn pale when we are afraid? It is because **fear** makes the blood vessels in the face tighten up. The blood then goes away. This is part of the "fight or flight" **reaction**. The body needs to get ready for an **attack**. So it sends the blood to other parts of the body, such as our arms and legs.





Romantic love is another emotion with strong bodily effects. When we feel it, the palms of our hands get sweaty and our hearts begin to **beat** faster. So some people think love can make the heart stronger and healthier.



Anger, however, is a negative emotion. It can make our faces feel hot and **cause** our bodies to shake. In the long term, anger can have **harmful** effects. These can be small problems such as headaches and stomachaches. It can also cause big problems like heart attacks. So focus on positive emotions and avoid negative ones. This can help you stay healthy.



😊 **THINK!**

When Peter gets excited, his heart beats fast and his cheeks turn pink. How does your body react when you get excited?

A Choose the correct answers based on the passage.

Our emotions

- 1 ☐ can have an impact on our bodies.
☐ can only have positive effects.
- 2 ☐ are caused by tight blood vessels.
☐ take place in the brain.

B Fill in the blanks to complete the graphic organizer.

Cause

fear: tightens up the _____
 _____ in the _____

Effect

our faces: turn _____ when
 afraid

romantic _____: has _____
 bodily effects

palms: get _____
 heart: beats _____

anger: makes the face _____ &
 causes the body to _____

health problems: headaches,
 _____, heart attacks

C Make a summary using the information above.

Our emotions can have an impact on _____. Fear, for example, _____
 _____ the blood vessels in the face. So our faces _____ when we are _____.
 Another example is _____ love. It has strong _____. The palms get
 _____, and the heart _____. On the other hand, anger makes the _____
 _____ and causes the _____ to _____. It can also lead to some health _____.



GRAMMAR



Present Simple in Third Person Singular

- When sentences are written in the present simple tense, third-person singular verbs are changed by adding either -s or -es as a suffix.
- We use *does* in negative sentences and questions, but we do not add -s or -es to the main verb.

ex) My heart **beats** faster when I feel nervous.

The kitten **does not want** to take a bath.

Does Alice **know** how to knit a sweater?

When Daniel **leaves** his house, he **gets** excited. Why **does** he **feel** this way? It is because he **loves** soccer. He **goes** to a park near his house. He **does not take** a walk there. Instead, he **plays** soccer with his friends. At the end of the game, he **feels** tired but happy.



Practice

A Complete the sentences in the present simple tense using the given words.

- 1 Pierre _____ French very well. (speak)
- 2 The old man _____ coffee very often. (not, drink)
- 3 My cousin _____ the dishes after dinner. (wash)
- 4 Does Harry _____ the subway to school? (take)
- 5 The swimming pool _____ at seven in the morning. (open)

B Fill in the blanks using the given words. You may use negatives.



love have do pull

This is my pet kitten Tobias. He _____ gray fur, short ears, and a long tail. He _____ to play with yarn. My little sister often _____ his tail. Tobias _____ like to be around her.

SPEAKING

Listen to the dialog and practice it with a partner. Then make a similar dialog using the given words.  U1-3

Eric: Hi, Ann. I have something for you.

Ann: Oh, I love surprises. What is it?

Eric: A red rose. Here you are.

Ann: Thank you! That's so nice of you.

Eric: I'm glad you like it.



bracelet | kind | pleased

WRITING

Capitalization



To write clearly in English, you need to capitalize the following:

- the first word in every sentence (The rainbow is in the sky.)
- the pronoun "I" (Sophie and I are good friends.)
- names of people (Brian Johnson, Maggie Gibson, etc.)
- the days of the week (Sunday, Monday, Tuesday, etc.)
- the months of the year (January, February, March, etc.)
- holidays (Christmas, Valentine's Day, Thanksgiving, etc.)
- countries, nationalities, and languages (Germany, Italian, English, etc.)
- cities (Paris, Beijing, Rome, New York, etc.)

Find the capitalization errors and correct them.

- 1 May i borrow your pencil, please? _____
- 2 Is christina disappointed with her grade? _____
- 3 Some people keep bees in london. _____
- 4 this is the best birthday present ever. _____
- 5 Learning chinese is not easy for us. _____



Different Emotions

- Make groups. Find more words related to emotions and share them with your group. Then ask and answer questions about the emotions of your friends and family members.
- Fill in the chart with information about who feels which emotion and why.
- Present the chart to the class.

who \ what	Emotion	Reason
Marisol	happy	has a new laptop computer

happy

nervous

embarrassed

bored

excited

disappointed



Sample Dialog

- A: My best friend Marisol feels happy these days.
B: Why does she feel that way?
A: She has a new laptop computer.



