

Super English

Unit 8 - Lesson 1 Emotions





VOCABULARY



Emotions - Vocabulary



emotion: a strong feeling such as happiness, anger, and sadness (n)

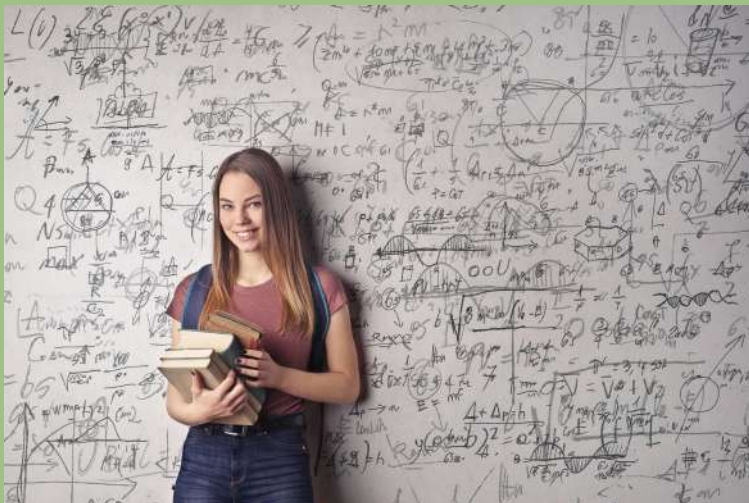


We feel many different **emotions** in life, but hopefully, we feel a lot of happiness.

Emotions - Vocabulary



complex: difficult to understand because of having many different parts or factors (adj)



Flying a large airplane is very **complex** because it has many different parts to learn.

Emotions - Vocabulary



judgment: thinking carefully about something or someone before deciding or forming an opinion (n)



It is important to use good **judgment** with serious decisions.

Emotions - Vocabulary



hormone: chemicals the body makes that control growth, emotions, energy, and mood (n)



Our body releases **hormones** that affect how we think and feel about things.



Let's
Read!

Emotions - Reading



Why Do We Get Angry?



Anger is a complex emotion we all struggle to deal with. Have you ever gotten so angry that you felt like screaming or throwing something away just because things didn't happen the way you wanted them to? Maybe your brother ate your cake, or your friend lost a book he took from you, or your mom won't let you go outside to play. Everyone gets angry. Anger is one of many emotions we feel every day. But why do we get angry?



Emotions - Reading



Why Do We Get Angry?



It's easy to see what is happening outside of your body when you are angry, but let's talk about what happens inside the body. When something happens that makes you angry, a part of your brain called the amygdala releases a chemical called catecholamine. This gives your body a burst of energy. Also, a hormone called adrenaline is released into your body that raises your heart rate and blood pressure turning you red. This makes you ready for action.



Comprehension Check



It's easy to see what is happening outside of your body when you are angry, but let's talk about what happens inside the body. When something happens that makes you angry, a part of your brain called the amygdala releases a chemical called catecholamine. This gives your body a burst of energy. Also, a **hormone** called adrenaline is released into your body that raises your heart rate and blood pressure turning you red. This makes you ready for action.

1. What part of your brain gives your body a burst of energy?
2. What makes you turn red?



Emotions - Reading



Why Do We Get Angry?



Luckily, another part of your brain called the prefrontal cortex is responsible for making **judgments** and keeps you from acting too crazy and trying to hurt others. It is important to know that chronic anger can cause serious health problems. It is ok to get angry sometimes, but keeping your emotions under control and staying calm is important. Practicing meditation and exercising help you do this and stay healthy. It also helps to talk to a parent or teacher when you feel angry about something.





Both/Both of

We use **both** when talking about two things or people together.

We use **both of** when using a determiner (e.g. those, the, her, his) + noun

Both tigers and lions are big cats.



Both of those dogs are cute.



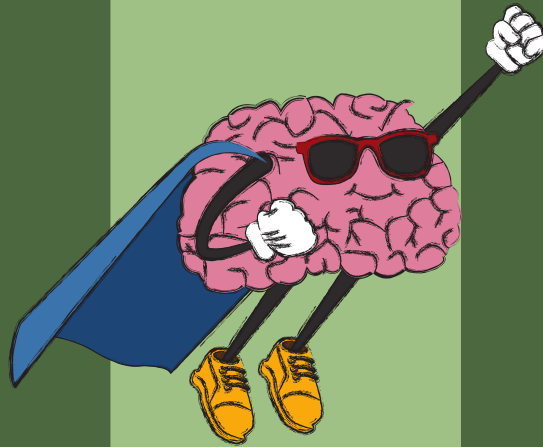
phonics

Consonant-le

A consonant-le syllable is a final syllable with one consonant followed by l and silent e. It always occurs at the end of the word.

cle

cy-cle
un-cle
cir-cle
ve-hi-cle
mir-a-cle
ten-ta-cle



ble

hum-ble
crum-ble
mar-ble
trem-ble
gab-ble
jum-ble

Super English

See you
Next time!

