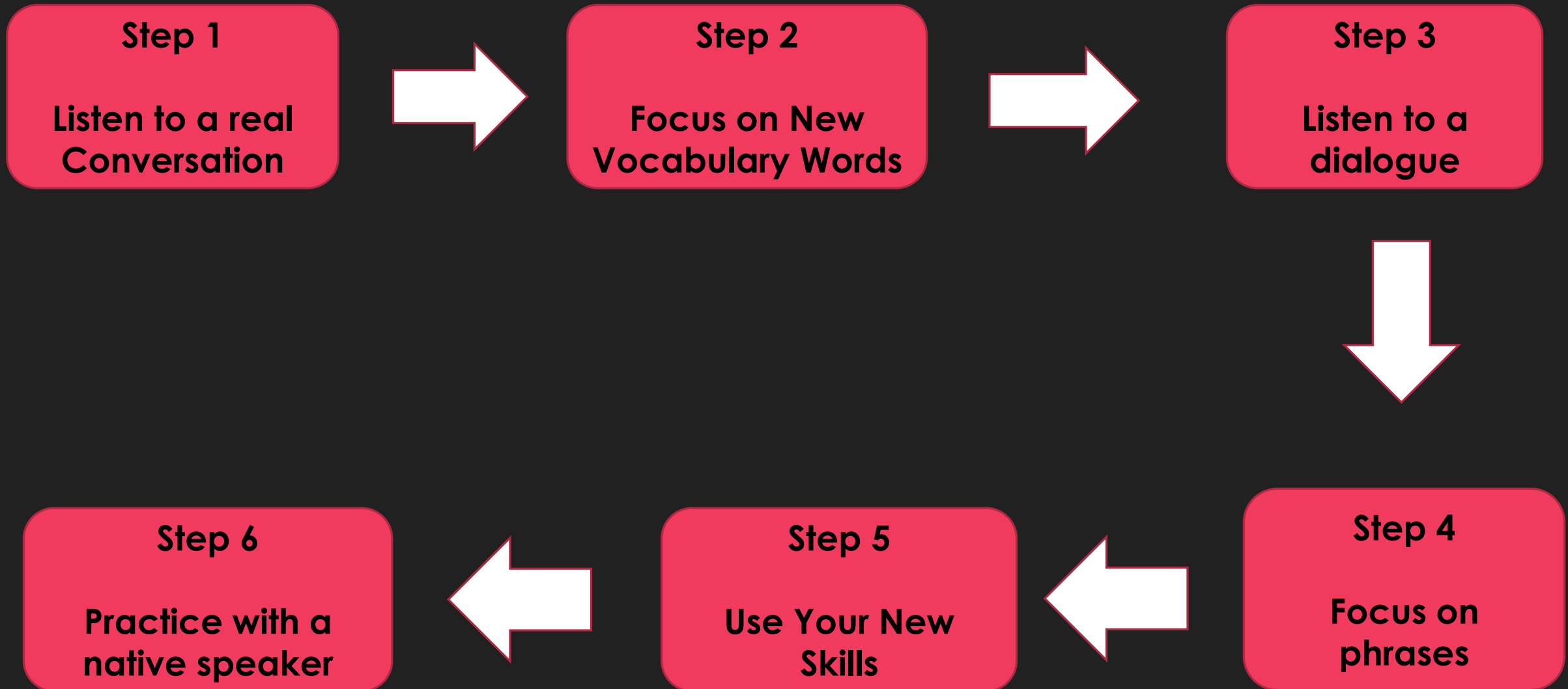




# How to Express Your Emotions in English

## A Phrasal Verb Lesson

# Our Method



# Step 1: What Gets You Down?



**Please listen to Audio Step 1 –What Gets You Down?**

**In this conversation, listen to three native speakers use common native expressions to talk about what makes them feel happy, sad, calm, and more.**

**Please view Transcript Step 1-What Gets You Down?**

## Step 2: Focus on New Vocabulary Words

**To get  
someone  
down**

**To calm  
down**

**To get to  
you**

**To crack up**

**To goof off**

**To let you  
down**

**To get  
someone  
down**

**Phrasal verb**



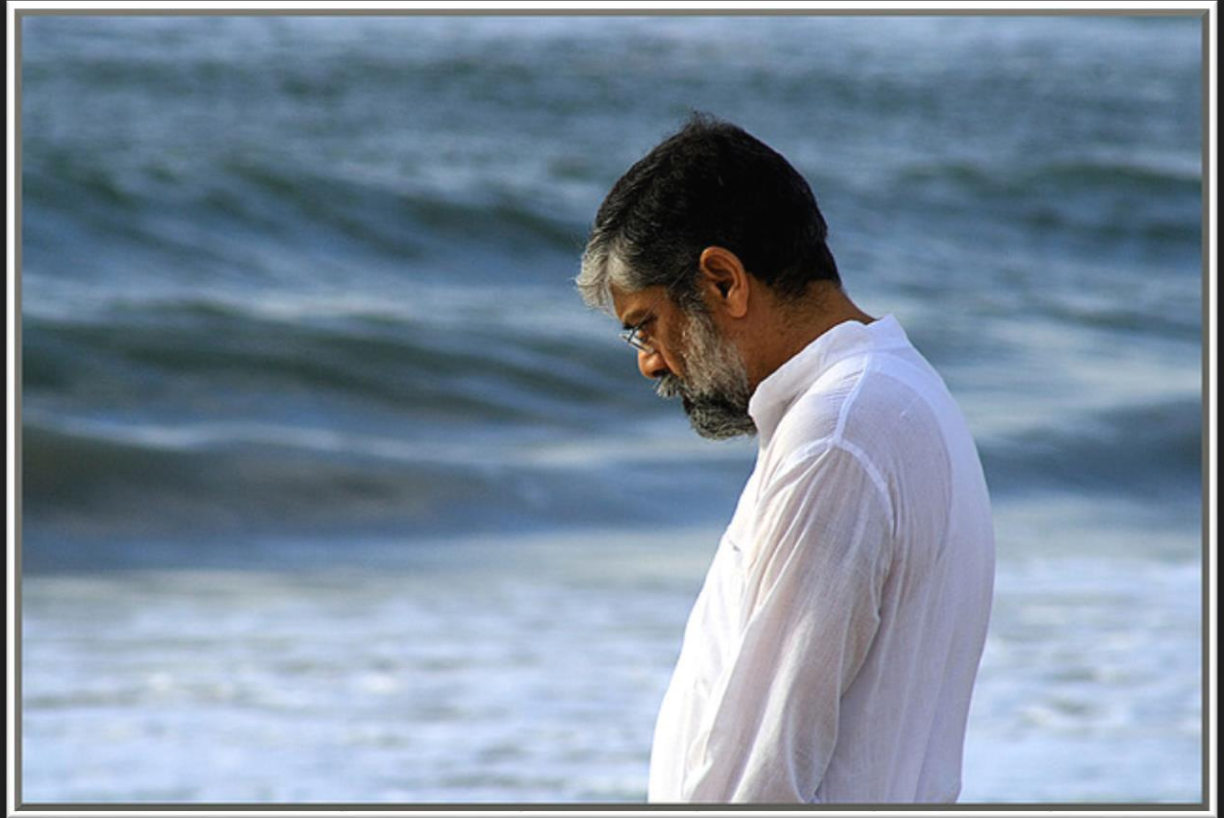
**To make someone feel bad or sad.**

***My boyfriend really gets me down when he doesn't call me.***



**To calm  
down**

**Phrasal verb**



**To relax and stop feeling angry or upset or nervous**

***The beach helps me calm down.***

**To get to you**

**Phrasal verbs**



**To annoy you, to bother you**

***My dad's annoying laugh really gets to me sometimes.***

# To crack up

Phrasal verb



To laugh a lot, to laugh hard

*My friends crack me up when they make jokes.*



# To goof off

## Phrasal verbs



To act silly and in a lighthearted way

*My dad and I goof off all of the time.*

**To let you  
(someone)  
down**

**Phrasal verb**



**To disappoint someone, to fail to support someone  
when they expect you to**

***My friend said he would help me move today but he  
didn't and he really let me down.***



## Step 3: A Newcomer in LA

How do you feel when you move to a new city like LA all by yourself? Listen to the conversation to find out.

**Listen to Audio Steps 3 and 4- A Newcomer in LA**



## Step 4: Focus on the Vocabulary Phrases

Learn the new vocabulary in context!

Please open Transcript Steps 3 and 4 – A Newcomer in LA

- “The city is kind of getting me down.”
- “Oh don’t let the traffic get to you.”
- “Haha you crack me up.”
- “...hit the beach and calm down”
- “...goof off a bit with friends”
- “...it won’t let you down”



# Bonus! Say It Another Way!

Learn how to say the phrases in a different way!

**Click on the file “Say It Another Way”**

## Step 5: Use Your New Skills

**To get someone  
down**

**To crack up**

**To calm  
down**

**To goof off**

**To get to  
someone**

**To let someone  
down**

A: Hey what's wrong?

B: Oh my mom is really \_\_1\_\_ (making me feel bad). She says my grades need to get better or I have to quit the baseball team.

A: Oh no. Well you do \_\_2\_\_ (act silly) a lot. Maybe she has a point.

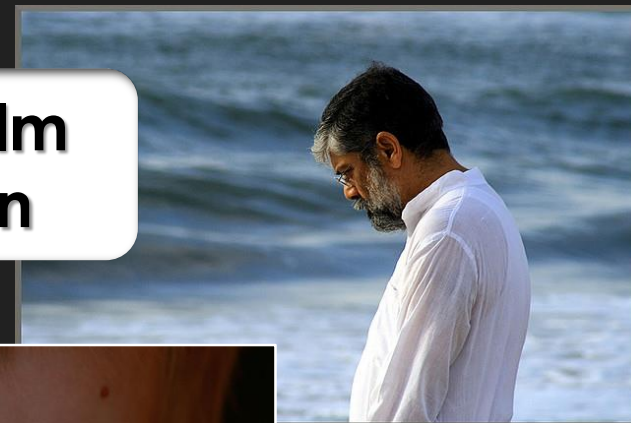
B: I know but it really \_\_3\_\_ (bothers me) when she threatens to make me quit something that I love to do.

# Answers to Quiz Step 5

- 1- getting me down
- 2- goof off
- 3- gets to me

# Prepare Your Vocabulary Cards

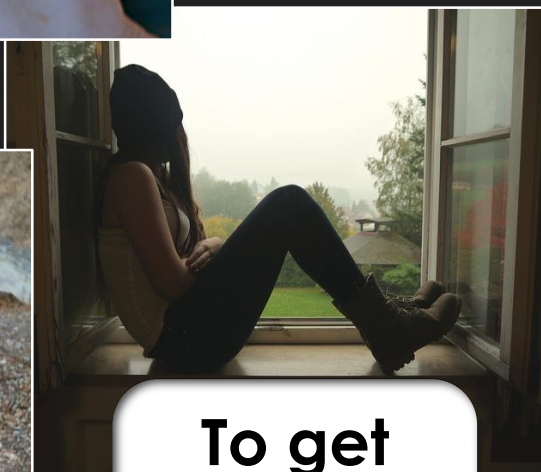
**To calm down**



**To get to someone**



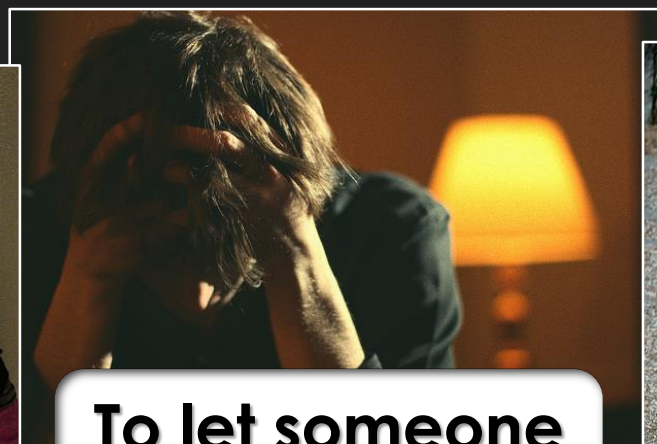
**To get someone down**



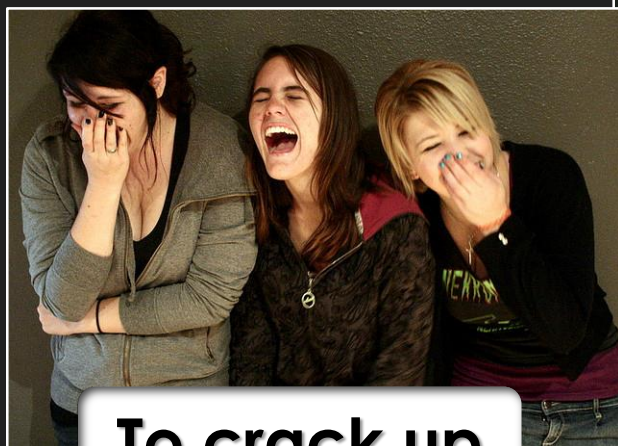
**To goof off**



**To let someone down**



**To crack up**





# Step 6: Practice with a Native

- What kinds of things tend to **get you down**? Why? What do you do when you feel down?
- When you were a kid did you **goof off** a lot at school? If not, what kind of student were you? Did you ever get into trouble at school? Why or why not?

**Bonus Conversation 1: Please use the phrases from Say It Another Way**(A= friend, B= friend)

A: (student) Hey it looks like something \_\_\_\_ (got you down). What's wrong?

B: Oh I just realized that I missed the deadline on my term paper and this is going to affect my GPA. I might not get into Harvard now.

A: Oh come on. Don't be ridiculous. It's just one little grade. Let's go to the beach and \_\_\_\_\_ (goof off) this weekend and you'll forget all about it.

A: I don't think that's such a great idea.

# Bonus Conversation 1 Answers

**Bonus Conversation 1: Please use the phrases from Say It Another Way**(A= friend, B= friend)

A: *(student)* Hey it looks like something is making you feel bad. What's wrong?

B: Oh I just realized that I missed the deadline on my term paper and this is going to affect my GPA. I might not get into Harvard now.

A: *Oh come on. Don't be ridiculous. It's just one little grade. Let's go to the beach and be silly this weekend and you'll forget all about it.*

A: I don't think that's such a great idea.

# Step 6: Practice with a Native

- Do you have a friend who **cracks you up**? Why is this person funny? What kind of humor does he/she use? Why do you like it? Do other people think that this person is funny too? Does this person ever go too far with his jokes? Does it **get to you** when he/she does that?
- Does it **calm you down** when your friends make you laugh? What else **calms you down**? What kind of physical activity calms you down?

**Bonus Conversation 2: Please use the phrases from Say It Another Way** (A= friend, B= friend)

A: (student) Hey is your friend Julie coming tonight? She really \_\_\_\_ (cracks me up).

B: Yeah her jokes are funny and it really \_\_\_\_ (calms me down) to be around her because she is so lighthearted.

A: Yeah but sometimes she goes too far when she starts making fun of people.

B: I know that really \_\_\_\_ (gets to me).

# Answers to Bonus Conversation 2

**Bonus Conversation 2: Please use the phrases from Say It Another Way**(A= friend, B= friend)

A: *(student)* Hey is your friend Julie coming tonight? She really makes me laugh.

B: Yeah her jokes are funny and it really makes me relax to be around her because she is so lighthearted.

A: Yeah but sometimes she goes too far when she starts making fun of people.

B: I know that really bothers me.



# Additional Conversation Questions

- Has anyone ever **let you down**? Please explain what happened if you want to. Did you tell the person that they had **let you down**?
- Do you think that it's ok for men to show emotion? In your culture, what are the expectations for the different genders when it comes to showing emotion and dealing with emotions? How do you think that compares to the US?
- In your opinion, what is the definition of "happiness"? According to your definition, who do you know who is "happy" and why?

# Additional Conversation Questions

- Describe the last time you felt the following emotion (choose 3). What happened and why?
  - Rage
  - Jealousy
  - Joy
  - Anticipation
  - Surprise
  - Pride
  - Envy
  - Patience
  - Love
  - Fear

# Additional Conversation Questions

- Please reflect on this quote: “Music is the shorthand of emotion.” –Leo Tolstoy.
- Do you agree with the quote? Name one song that makes you feel deep emotion. What does the song make you feel?

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