



Happiness

Disbelief

Unit 1 LESSON 6A

SPEAKING

Expressing Emotions

Ex 1,2,3,4

Anxiety

Surprise

Frustration

Relief

Annoyance



1



1.13 Listen to six short conversations. What is the main emotion each speaker

expresses? Why did each speaker feel that way?

التمرين يقدم ستة محادثات قصيرة.
ما هو الشعور الرئيسي الذي يعبر عنه كل متحدث؟ ولماذا شعر كل
متحدث بهذه الطريقة؟



1.13 Listen to six short conversations. What is the main emotion each speaker expresses? Why did each speaker feel that way?

2 Complete the Speaking box with the phrases from the box.

Get out of here! I'm feeling a bit blue.
I'm heartbroken. I'm worried sick about ...
I've had it up to here with ...
That's a weight off my mind.

SPEAKING | Expressing emotions

Expressing anxiety

It's been keeping me up at night.

1 _____

Expressing relief

I can breathe a sigh of relief now.

2 _____

Expressing annoyance and frustration

... is driving me up the wall!

... really gets on my nerves.

3 _____

Expressing surprise or disbelief

You've got to be kidding me!

4 _____

Who would have thought it?

Expressing sadness

I'm feeling a bit down in the dumps.

5 _____

6 _____

Expressing enjoyment or happiness

I'm walking on air!

I can't stop smiling!



1.14 Listen to six statements. When you hear a beep, choose and say a suitable response from the box.

I don't blame you. I know, right?
I'm really pleased for you.
I'm so sorry to hear that. What a pain!
What's the worst that could happen?

4 Replace the underlined words with phrases from the Speaking box and suitable responses in Exercise 3.

1 A I'm extremely concerned about my aunt – she isn't very well.

B That's awful. It's horrible when a relative is sick.

2 A I've got to give a presentation in class next week. I'm really nervous. I've been worrying about it a lot.

B There's no need to worry. You'll be great!

3 A My parents are taking me to Florida this summer.

B I don't believe you! You lucky thing!

A Yes, I'm so happy.

4 A I'm completely fed up with people gossiping behind my back.

B I don't blame you. It's awful.

5 A I finally finished my geography project.

B That must be a relief for you.

5 In pairs, role play the situations. Student A, read the instructions below. Student B, go to page 75.

STUDENT A

In pairs, role play the two situations. Use language for expressing emotions and for responding from this lesson.

1 You can't decide what subjects to choose for your final year at school. You're really worried about this. Tell your friend how you feel.



2 You did badly in your exams. Tell your friend how you feel.

Your partner is going to tell you about two different situations. For each situation which your partner describes, respond according to these instructions.

1 Express your happiness at the situation.

2 Express your surprise and pleasure.

Conversation 1

1  1.14 Listen to six short conversations.  What is the main emotion each speaker expresses? Why did each speaker feel that way?

	English	Arabic Translation
T	Are you OK? You look tired.	هل أنت بخير؟ تبدو متعبًا.
S	Actually, I'm really stressed about my exams. To be honest, it's been keeping me up at night.	في الحقيقة، أنا متوتر جدًا بشأن امتحاناتي. بصراحة، لم أجد أنام ليلاً بسببها.
T	That won't help. Why are you so stressed about them?	هذا لن يساعدك. لماذا أنت متوتر جدًا بشأنها؟
S	I just don't seem to be able to keep all the information in my head. There are so many different subjects.	لا أستطيع أن أحتفظ بكل المعلومات في ذهني. هناك الكثير من المواد المختلفة.
T	Getting worked up about it will just make things worse. Try and get it in perspective. What's the worst that could happen?	التوتر الزائد سيجعل الأمور أسوأ. حاول أن تنتظر للأمر من زاوية أخرى. ما أسوأ شيء يمكن أن يحدث؟
S	I could fail them all and that would be the end of all my dreams!	قد أرسب في جميعها، وهذا سيكون نهاية كل أحلامي!
T	Come on, you won't fail them all, but even if you did, you could still retake. Why don't you try and work out a study plan, so it doesn't feel so overwhelming? I could help you if you like ...	هيا، لن ترسب في جميعها، وحتى إن فعلت، يمكنك أن تعيد الامتحانات. لماذا لا تحاول وضع خطة دراسية حتى لا تشعر بأن الأمر كبير جدًا؟ يمكنني مساعدتك إذا أردت...

Emotion of Speaker anxiety (because of impending exams)

مشاعر المتحدث: القلق (بسبب الامتحانات القادمة)

Conversation 2

English	Arabic Translation
A Is this your phone? The phone case says 'Eman' so I thought it might be. I found it in the canteen.	هل هذا هاتفك؟ جراب الهاتف مكتوب عليه "إيمان"، فظننت أنه لك. وجدته في الكافتيريا.
E Oh! Yes! Brilliant. <i>That's a weight off my mind.</i> I thought I'd lost it and my parents would kill me! Thanks so much.	أوه! نعم! رائع! أزلت عني عبئًا كبيرًا. ظننت أنني فقدته وأن والدي سيغضبني جدًا! شكرًا جزيلاً.
A Oh that's alright. It looks new. Is it?	لا بأس. يبدو جديدًا. هل هو كذلك؟
E Yes, I just got it for my birthday yesterday.	نعم، حصلت عليه كهدية في عيد ميلادي أمس.
A Happy birthday for yesterday!	عيد ميلاد سعيد (متأخرًا)!

Emotion of Speaker: relief (because she found her phone)

مشاعر المتحدث: ارتياح (لأنها وجدت هاتفها)

Conversation 3

	English	Arabic Translation
F	Hi, Huda. You look really happy. Did you get some good news or something?	مرحبًا، هدى. تبدين سعيدة جدًا. هل وصلتك أخبار جيدة أم شيء من هذا القبيل؟
H	Yes, I can't stop smiling! I've just heard that I've got a place at my first choice of university. I'm walking on air!	نعم، لا أستطيع التوقف عن الابتسام! لقد عرفت للتو أنني حصلت على مكان في الجامعة التي كنت أتمناها! أشعر وكأنني أطير من الفرح!
F	That's great! I'm really pleased for you. Where are you going and what are you planning to study?	هذا رائع! أنا سعيدة جدًا من أجلك. إلى أين ستذهبين، وماذا تخططين لدراسته؟
H	Medicine at the University of Jordan in Amman.	الطب في الجامعة الأردنية في عمّان.
F	Sounds wonderful.	يبدو رائعًا.

Emotion of Speaker: enjoyment/happiness (because she got her first choice of university)"

مشاعر المتحدث: سعادة/فرحة (لأنها قبلت في الجامعة التي كانت خيارها الأول)

Conversation 4

	English	Arabic Translation
A	I just heard that my favourite football team have won a trophy.	لقد سمعت للتو أن فريقى المفضل فى كرة القدم فاز بكأس.
H	You've got to be kidding me!	لا بد أنك تمزح!
A	I know, right? They don't usually win anything, do they?	أعلم، أليس كذلك؟ هم لا يفوزون بأى شيء عادة، أليس كذلك؟
H	No, they don't. I can't remember the last time they won something. Who would have thought it?	لا، لا يفوزون. لا أستطيع تذكر آخر مرة فازوا فيها بشيء. من كان يظن ذلك؟
A	Maybe this is the start of a successful team at last!	ربما تكون هذه بداية فريق ناجح أخيراً!

Emotions: surprise/disbelief (because his favorite football team won a trophy, and they don't usually.

المشاعر: مفاجأة/عدم تصديق (لأن فريقه المفضل فاز بكأس، وهذا نادر الحدوث)

Conversation 5

	English	Arabic Translation
N	I keep getting these messages trying to sell me things. It's driving me up the wall!	أستمر في تلقي هذه الرسائل التي تحاول بيع أشياء لي. هذا يزعجني بشدة!
S	What a pain! It really gets on my nerves when I get those. Why do they think you'll be interested?	يا له من إزعاج! هذه الرسائل تثير أعصابي حقًا عندما أتلقاها. لماذا يظنون أنك مهتم؟
N	I haven't got a clue. All it does is just annoy everyone who gets them.	ليست لدي أي فكرة. كل ما تفعله هو إزعاج كل من يتلقاها فقط.
S	Maybe you should block them.	ربما عليك حظرهم.

**Emotions of the speaker: anger/annoyance/frustration
(because she keeps receiving messages)**

مشاعر المتحدث: الغضب / الانزعاج / الإحباط (لأنها تستمر في تلقي الرسائل)

Conversation 6

	English	Arabic Translation
M	Is anything the matter? You look a bit down.	هل هناك ما يزعجك؟ تبدو حزينًا بعض الشيء.
O	Oh, I'm fine.	أوه، أنا بخير.
M	Come on. I can see something's bothering you.	هيا، أستطيع أن أرى أن هناك شيئًا يزعجك.
O	Mmm ... Well, I'm a bit down in the dumps actually.	هممم... في الواقع، أشعر بالحزن قليلاً.
M	What's up?	ما الأمر؟
O	My granddad's in hospital.	جدي في المستشفى.
M	Oh, I'm so sorry to hear that. I hope he gets better soon.	أوه، آسف جدًا لسماع ذلك. أمل أن يتحسن قريبًا.
O	Thank you. I'm just really worried about him.	شكرًا لك. أنا فقط قلق جدًا عليه.
M	If there's anything I can do, just let me know.	إذا كان هناك أي شيء يمكنني فعله، فقط أخبرني.

Emotions of the speaker: sadness/empathy (because his grandfather is in hospital)

مشاعر المتحدث: الحزن / التعاطف (لأن جده في المستشفى)

Speaking Box Ex. 2 Phrases Expressing Emotions

تصنيف عبارات المشاعر حسب
المعنى الذي تعبر عنه

Category (English)	Category (Arabic)	Phrases
Expressing anxiety	إظهار قلق شديد أو خوف	It's been keeping me up at night. 1. I'm worried sick about ...
Expressing relief	الشعور بالارتياح بعد زوال القلق	I can breathe a sigh of relief now. 2. That's a weight off my mind.
Expressing annoyance/frustration	الرد على شيء مزعج جدًا	... is driving me up the wall!... really gets on my nerves 3. I've had it up to here with ...
Expressing surprise/disbelief	الرد بالدهشة أو عدم التصديق	You've got to be kidding me! 4. Get out of here!
Expressing sadness	الشعور بالحزن أو الكآبة البسيطة	I'm feeling a bit down in the dumps. 5. I'm feeling a bit blue. 6. I'm heartbroken.
Expressing enjoyment or happiness	التعبير عن السعادة الشديدة	I'm walking on air! I can't stop smiling!

2 Complete the Speaking box with the phrases from the box.

Get out of here! I'm feeling a bit blue.
I'm heartbroken. I'm worried sick about ...
I've had it up to here with ...
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SPEAKING | Expressing emotions

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Who would have thought it?

Expressing sadness

I'm feeling a bit down in the dumps.

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Exercise 3 : Suitable Response

اختيار الرد المناسب للتعبير عن المشاعر

#	English	Arabic Translation
1	A Actually, I'm really stressed about my exams. To be honest, it's been keeping me up at night.	في الحقيقة، أنا متوتر جدًا بسبب امتحاناتي. بصراحة، لم أعد أنام ليلاً بسببها.
	B Try and get it in perspective. What's the worst that could happen?	حاول أن تنظر للأمر من زاوية مختلفة. ما أسوأ شيء يمكن أن يحدث؟
2	A I've just heard that I've got a place at my first choice of university. I'm walking on air!	لقد عرفت للتو أنني قُبلت في الجامعة التي كنت أتمناها. أشعر وكأنني أطيّر من الفرح!
	B That's great. I'm really pleased for you.	هذا رائع. أنا سعيدة جدًا من أجلك.
3	A I keep getting these messages trying to sell me things.	أستمر في تلقي هذه الرسائل التي تحاول بيع أشياء لي.
	B What a pain!	يا له من إزعاج!
4	A Well, I'm a bit down in the dumps actually. My grandad's in hospital.	حسنًا، أشعر بالحزن في الواقع. جدي في المستشفى.
	B Oh, I'm so sorry to hear that.	أوه، آسف جدًا لسماع ذلك.
5	A You've got to be kidding me! How did that happen?	لا بد أنك تمزح! كيف حدث ذلك؟
	B I know, right?	أعلم، أليس كذلك؟
6	A I've had it up to here with being criticised for something I didn't do!	لقد طفح الكيل من انتقادي على شيء لم أفعله!
	B I don't blame you.	لا ألومك على ذلك.



3 1.14 Listen to six statements. When you hear a beep, choose and say a suitable response from the box.

I don't blame you. I know, right?
I'm really pleased for you.
I'm so sorry to hear that. What a pain!
What's the worst that could happen?

LESSON 6A SPEAKING

01

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2 Complete the Speaking box with the phrases from the box.
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That's a weight off my mind.

SPEAKING | Expressing emotions

Expressing anxiety
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I can breathe a sigh of relief now.

Expressing annoyance and frustration
... is driving me up the wall!
... really gets on my nerves.

Expressing surprise or disbelief
You've got to be kidding me!

Expressing sadness
I'm feeling a bit down in the dumps.

Expressing enjoyment or happiness
I'm walking on air!
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4 Replace the underlined words with phrases from the Speaking box and suitable responses in Exercise 3.

- 1** A I'm extremely concerned about my aunt - she isn't very well.
B That's awful. It's horrible when a relative is sick.
- 2** A I've got to give a presentation in class next week. I'm really nervous. I've been worrying about it a lot.
B There's no need to worry. You'll be great!
- 3** A My parents are taking me to Florida this summer.
B I don't believe you! You lucky thing!
A Yes, I'm so happy.
- 4** A I'm completely fed up with people gossiping behind my back.
B I don't blame you. It's awful.
- 5** A I finally finished my geography project.
B That must be a relief for you.

5 In pairs, role play the situations. Student A, read the instructions below. Student B, go to page 75.

STUDENT A

In pairs, role play the two situations. Use language for expressing emotions and for responding from this lesson.

- You can't decide what subjects to choose for your final year at school. You're really worried about this. Tell your friend how you feel.
- You did badly in your exams. Tell your friend how you feel.

Your partner is going to tell you about two different situations. For each situation which your partner describes, respond according to these instructions.

- Express your happiness at the situation.
- Express your surprise and pleasure.

All Emotion Phrases in Speaking Box Ex 2 and Ex 3

عبارات المشاعر المقدمة بالدرس

Category	Phrase	Use in English	Use in Arabic
Expressing anxiety	It's been keeping me up at night.	Talking about continuous worry or stress	التحدث عن القلق أو التوتر المستمر
Expressing anxiety	I'm worried sick about ...	Showing intense concern or fear	إظهار قلق شديد أو خوف
Expressing relief	I can breathe a sigh of relief now.	Expressing relief after a stressful situation	التعبير عن الارتياح بعد موقف مقلق
Expressing relief	That's a weight off my mind.	Feeling reassured after resolving a worry	الشعور بالارتياح بعد زوال القلق
Expressing annoyance/frustration	... is driving me up the wall!	Reacting to something very irritating	الرد على شيء مزعج جدًا
Expressing annoyance/frustration	... really gets on my nerves.	Expressing how something continually annoys you	التعبير عن شيء يزعجك باستمرار
Expressing annoyance/frustration	I've had it up to here with ...	Showing you've lost patience	إظهار أنك فقدت صبرك
Expressing surprise/disbelief	You've got to be kidding me!	Reacting with disbelief or shock	الرد بالدهشة أو عدم التصديق
Expressing surprise/disbelief	Who would have thought it?	Expressing surprise at an unexpected result	التعبير عن الدهشة من نتيجة غير متوقعة
Expressing surprise/disbelief	Get out of here!	Reacting to something unbelievable	الرد على شيء لا يُصدق
Expressing sadness	I'm feeling a bit down in the dumps.	Saying you're feeling low or sad	القول بأنك تشعر بالحزن
Expressing sadness	I'm feeling a bit blue.	Feeling slightly sad or melancholic	الشعور بالحزن أو الكآبة البسيطة
Expressing sadness	I'm heartbroken.	Feeling deep emotional sadness	الشعور بالحزن العاطفي العميق
Expressing enjoyment or happiness	I'm walking on air!	Describing feeling extremely happy	التعبير عن السعادة الشديدة
Expressing enjoyment or happiness	I can't stop smiling!	Describing visible happiness or excitement	التعبير عن السعادة الظاهرة أو الحماس
Reassurance	What's the worst that could happen?	Minimizing worry by offering perspective	التقليل من القلق من خلال إعطاء منظور مختلف
Empathy / Support	I'm so sorry to hear that.	Offering sympathy in response to bad news	تقديم المواساة عند سماع خبر سيء
Empathy / Support	I don't blame you.	Agreeing with someone's frustration	موافقة شخص على شعوره بالإحباط
Agreement / Recognition	I know, right?	Agreeing with someone's surprising statement	الموافقة على قول مفاجئ لشخص آخر
Happiness for someone	I'm really pleased for you.	Congratulating someone for good news	تهنئة شخص على خبر جيد
Annoyance recognition	What a pain!	Reacting to someone's annoying situation	الرد على موقف مزعج لشخص ما

Ex 4 Phrases Expressing Emotions

- 1) **A:** I'm worried sick about my aunt – she isn't very well.
B: I'm so sorry to hear that.
- 2) **A:** I've got to give a presentation in class next week. I'm really nervous. It's been keeping me up at night.
B: What's the worst that could happen? You'll be great!
- 3) **A:** My parents are taking me to Florida this summer.
B: You've got to be kidding me! You lucky thing!
A: Yes, I'm walking on air! / I can't stop smiling!
- 4) **A:** I've had it up to here with people gossiping behind my back.
B: I don't blame you. It's awful.
- 5) **A:** I finally finished my geography project.
B: That must be a weight off your mind.

4 Replace the underlined words with phrases from the Speaking box and suitable responses in Exercise 3.

- 1 **A** I'm extremely concerned about my aunt – she isn't very well.
B That's awful. It's horrible when a relative is sick.
- 2 **A** I've got to give a presentation in class next week. I'm really nervous. I've been worrying about it a lot.
B There's no need to worry. You'll be great!
- 3 **A** My parents are taking me to Florida this summer.
B I don't believe you! You lucky thing!
A Yes, I'm so happy.
- 4 **A** I'm completely fed up with people gossiping behind my back.
B I don't blame you. It's awful.
- 5 **A** I finally finished my geography project.
B That must be a relief for you.

DEEMA ATTAL



**EASY
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