

EPISODE 52
LEVEL A1.2/A2.1

READING COMPREHENSION



FEELINGS



John was rather **annoyed** (= angry) last week. He had to stay at work longer than usual, and on Friday he felt **exhausted** (= very tired). He was so tired that he made a stupid mistake and later he felt **embarrassed** (= his face went red) because of this. One more time he felt **insecure** (= not safe) because he thought he was a bad employee. When he came back home, he felt so **stressed out** (= there was too much stress at work) that he went straight to bed and fell asleep.

Yesterday, on the other hand, was a very good day for him. He was **pleased** (= quite happy) to hear that his presentation was the best and he was absolutely **delighted** (= very happy) to hear that he was promoted. So, when John finished work, he felt **relieved** (= no longer worried) and he thought that life wasn't that bad after all.

More contexts for the new words:

- He **was** really **irritated** yesterday. (= He felt really angry yesterday)
- She feels rather **insecure** about the future. (= She is not sure what her future will be like)
- We **are pleased to inform** you that you have just won \$100 000.
(= We are happy to say that you have just won \$100 000.)



EXERCISE 1

Put the feelings into two groups.

annoyed / delighted / embarrassed / exhausted / insecure / pleased / relieved / stressed out

POSITIVE	NEGATIVE
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EXERCISE 2

When was the last time you felt each of the emotions from today's lesson? What made you feel that way?

ENGLISH IN USE



Let's revise the use of the verb 'to be' in the past. When we use, for example, **yesterday** or **last week** and we use "I, he, she, it", we use "was", not "is". Look at the examples now:

*John **was** rather annoyed last week.*

*Yesterday **was** a very good day for him.*

*I **was** born in Warsaw.*

*I **was** at home yesterday.*

IDIOM CLOSE-UP



A/ It was really silly of you, when you said your boss is too fat, and then realized that your boss was listening!

*B/ I know, I was so embarrassed! I **WANTED THE GROUND TO OPEN UP!***

If you **want the ground to open up**, you are very embarrassed.

PHRASAL VERBS CLOSE-UP



1. If something GETS TO you, it annoys or upsets you.

*After a while his laughter started to **get to me**.*

*All of their fighting really **gets to me**.*

2. When you stop feeling upset or angry about something, you CALM DOWN.

Calm down and tell me what's going on.

Sue managed to **calm him down**.



EXERCISE 3

Complete each gap with one word.

1. After I said that stupid comment, I just wanted the to open up.
2. All of this election campaign, it really gets me.
3. Calm! What's the problem?

NEWS



FREE HUGS CAMPAIGN

The Free Hugs campaign is an initiative **aimed at** making everyone happy. Basically, what you have to do is stand in a public place and hold a piece of **cardboard** saying 'Free hugs.' Then, when someone comes to you, you put the cardboard down and you give them a nice hug. It's simple! Everyone feels better after getting some care and **affection**, and the world can become a better place!

GLOSSARY

- **aimed at** – whose goal is to
- **cardboard** – very hard and thick paper, usually grey or brown
- **affection** – liking

KEY TO EXERCISES

Ex.1

Positive: pleased, delighted, relieved

Negative: annoyed, exhausted, embarrassed, insecure, stressed out

Ex.3

1. ground
2. to
3. down