

The background features a soft, pastel color palette of light purple, lavender, and pale blue. Large, fluffy watercolor-style clouds in shades of purple and blue are scattered across the top and bottom. Small, five-petaled flowers in purple and blue are positioned in the corners. In the bottom corners, there are larger, more detailed watercolor flowers with green stems and leaves, some in shades of purple and blue, others in pink and red.

# **Emotional Literacy & Expression**

**Session 03**



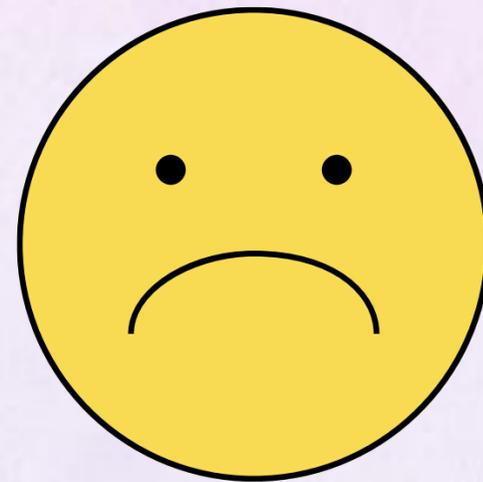
# SESSION GOALS

- Express emotions clearly in English
- Understand academic stress
- Build confidence through communication
- Realise you are not alone

# Emoji Mood Check

- You will be shown a set of emojis
- Choose one emoji that shows how you feel today
- Share why you feel that way with your group

# Emoji Mood Check



# Useful Sentence Starters

- I feel \_\_\_ because \_\_\_
- Today I am feeling \_\_\_
- University makes me feel \_\_\_

# What is Emotional Literacy

- Knowing what you are feeling
- Being able to name that feeling
- Expressing it clearly and calmly
- Understanding other people's feelings too

👉 It is like learning the language of emotions.

# Why Emotional Literacy Matters

- University life brings pressure
- Emotions affect learning
- Talking reduces stress
- English helps express feelings professionally

# Understanding Emotions

- Basic feelings:

- *happy, sad, stressed*

- Advanced feelings:

- *anxious, overwhelmed, motivated, confident*

# Upgrade Your Emotional Vocabulary

Instead of saying...

- Sad → disappointed / discouraged / drained
- Angry → frustrated / irritated
- Happy → relieved / fulfilled / proud

If you can name it clearly, you can manage it better.

# Why Stress Is Normal

- New environment
- English medium learning
- Academic pressure
- Expectations from self & family



# Feelings Vocabulary Bingo

# How the Game Works

- Look at the feelings on the screen
- Choose ANY 4 feelings (straight line or across)
- Remember them or write them on your phone
- I will read real university situations
- If you feel that emotion, mentally tick it
- First person to tick all 6 says BINGO

# Feelings Grid

Excited	Nervous	Relaxed	Curious
Motivated	Overwhelmed	Scared	Hopeful
Lucky	Tired	Proud	Surprised
Frustrated	Confident	Anxious	Sleepy

# Academic Stress

University stress is normal.

Types of Stress:

- Academic
- Social
- Financial
- Self-doubt / Identity

# Good Stress vs Bad Stress

✿ Eustress → motivates you to act

✿ Distress → overwhelms and blocks you

Stress becomes dangerous when it becomes silent.

Discussion: What makes stress unhealthy?

# 3 Simple Stress Management Tools

- Break big tasks into small steps
- Use the 25-minute focus method
- Ask for support early

Small actions reduce big pressure.

# Activity – Conversation Carousel

Discuss in groups of 6–8:

- What stresses you most about university?
- How do you relax after a hard day?
- What motivates you to keep going?

Rotate every 5 minutes.

**ROTATE!**



**ROTATE!**



**ROTATE!**



**ROTATE!**



**ROTATE!**



**ROTATE!**



# Reflection

Think about:

- What emotion do I feel most often?
- What type of stress affects me most?
- What is one small change I can make this week?

**THANK  
YOU**

