

ANGER is HEAT

A. The Anger Meter

How angry would you get in these situations? Write a number next to each situation.

0 — 1 — 2 — 3 — 4 — 5

not at all angry

extremely angry

1. Someone moves in front of you in a queue. _____
2. You are stuck in traffic for an hour. _____
3. You are given the wrong change in a shop and you don't notice. _____
4. You lose some money or your wallet. _____
5. Someone makes up stories about you. _____
6. Someone makes a comment or expresses a view that you completely disagree with. _____
7. Someone insults you in the street or calls you names. _____
8. You make a silly mistake. _____
9. You see something you think is unfair but you can't do anything about it. _____
10. You think someone is taking advantage of you. _____
11. You are talking to someone and they aren't listening to you.

Compare your answers with a partner. Who gets angry more easily?

B. WHAT PEOPLE SAY

This is what some native speakers said in answer to the above questions. What happened? Match the answers to the situations in A.

"I hate it when that happens, especially if it's someone I know who is spreading lies. It makes my blood boil."

"The other day that happened to me. What's worse, this woman just took my place without saying anything and denied it. I just blew up at her."

“I’m quite confrontational, and I am likely to start a heated argument with someone especially over political issues.”

“If it is a hot day and I’m going to work then yes, it’s very possible that I will lose my cool.”

“Oh yes, the other day my boyfriend did that to me and a huge argument erupted. He never pays attention when I’m talking to him!”

“I’m not very hot-tempered, so I don’t think I would get that angry. It’s life I suppose and I would just pay more attention the next time.”

C. METAPHORS FOR ANGER

In English, getting angry is like getting hot. For example, you can *burn with indignation* or have a *fiery temper*.

Losing your temper is like an explosion. You can *nearly explode*, *blow your top*, or *even go ballistic*. Look at the examples above in 2. Can you find other examples where anger = heat and losing your temper = an explosion?

D. ROOM 101

Room 101 is a television show in England. Famous people are invited to the show and asked what things they hate the most. The host asks them to imagine that they can put the things they dislike the most in a special room, room 101.

Look back at the examples of things that make you angry. What other things or people would you put in Room 101? Make a list and compare with a partner.

E. Writing

Choose one of the situations from A. Write a short story about it (120 words); include some of the new expressions you have learnt (maximum 2).

Anger is Heat Teaching notes

by Lindsay Clandfield

This is a vocabulary and idiom lesson for intermediate and upper-intermediate students. The aim is to highlight the metaphorical meanings of several words and phrases related to anger. The emphasis is on meaning, with a speaking and writing activity to incorporate these expressions into use.

COURSEBOOK LINK:

Try linking this lesson in with any coursebook unit on emotions and feelings.

Stage One

Choose one of the situations in the Anger Meter (one that makes you, the teacher, angry) and tell the class about how you feel when that happens. Give a specific example of when it happened to you. Then ask the class how they would feel in that situation. Tell them that in the next activity they are going to decide how angry they would get in different situations.

Stage Two

Distribute the worksheet and tell students to do the first exercise. When they are finished, they should compare with a partner. Do some feedback on this with the whole class. Is there a **hothead** (someone who gets angry easily) in the class?

Stage Three

Students now do the matching exercise, reading what some native speakers said about those situations.

ANSWERS (in order): 5,1,6,2,11,3

Stage Four

Read out the explanation of Metaphors for Anger. Students go back to the quotes and find examples.

Stage Five

(This of course works best if you have seen the TV show. If you haven't, the premise is pretty simple and the format is that of a tv talk show.) You can find some information about the show at the BBC website www.bbc.co.uk (search for Room 101) or at this specific URL

<http://www.bbc.co.uk/dna/h2g2/alabaster/A519482>

Students discuss in pairs what they would put into room 101. They should try to use some of the language in the past activities. Find out if anybody has something in common.

Stage Six

This is a writing activity, and could be set for homework. Ask students to remember a time when they were angry (based on the situations in the first activity, but it could be based on something else) and to write a short anecdote about it.