



A DAY ON THE FILM SET



Discuss

- Have you ever performed in front of a crowd or camera? How did it make you feel?
- What feelings do people experience when doing something new or risky?
- Can you describe a time when you felt extremely nervous or excited?
- Do you think actors are good at hiding or showing emotions? Why?

Vocabulary

Match the word with the correct sentence.

Apprehensive

- A. Annoyed or upset because something is hard to do or doesn't work

Overwhelmed

- B. Feeling like you have too much to handle

Ecstatic

- C. Feeling thankful

Discouraged

- D. Losing confidence or motivation

Grateful

- E. Extremely happy or joyful

Frustrated

- F. Worried or nervous about something that may happen

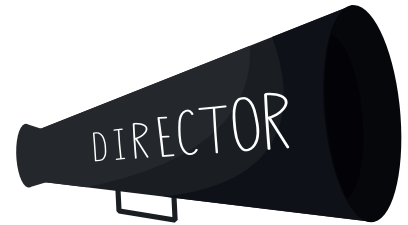
Awkward

- G. Feeling better after a difficult or worrying situation has passed

Relieved

- H. Feeling uncomfortable or embarrassed in a situation

A Day on the Film Set



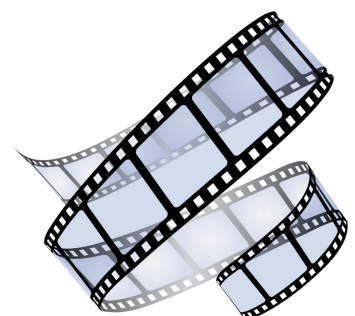
Mila had always dreamed of becoming an actress. So when she got a call to work as an extra in a local movie, she was **ecstatic**. It wasn't a lead role, but it was her first time on a real film set. The night before filming, she was too **excited** to sleep.

When Mila arrived on set, the huge lights, shouting directors, and dozens of people rushing around made her feel completely **overwhelmed**. Everyone seemed to know exactly what they were doing - except her. She stood **nervously** by the coffee table, watching actors rehearse. One assistant handed her a script and told her to memorize a short line. That's when the panic hit. She hadn't expected to speak!

She tried practicing alone, but her voice kept shaking. She felt **apprehensive** about saying the line in front of professionals. The director suddenly called out, "You! Come here - we're ready." Mila's heart raced. She stepped onto the set, her legs stiff and her palms sweaty.

The first take went badly. She missed her cue. The second time, she forgot the line entirely. Mila felt **frustrated** with herself. The crew didn't say anything mean, but she could feel their eyes on her. One of the camera operators whispered, "You're doing fine, take a breath." That helped a little.

After another try, Mila finally delivered the line correctly. The director gave a small nod. She felt **relieved**, though still a little **awkward** standing under the bright lights. When the scene was done, she stepped off the set, trying not to look **embarrassed**. She thought she had ruined everything.



She found a quiet corner outside the studio, sat on a bench, and stared at the sky. The weather was perfect, but inside, she still felt **discouraged**. She had imagined her first day going smoothly, maybe even impressing someone. Instead, she had stumbled through her single line and felt like a failure. The buzz of excitement she had carried with her that morning had melted into self-doubt.

Then, during lunch, the lead actress came over and sat next to her. "First time?" she asked. Mila nodded. The actress smiled. "You did great. We all mess up on our first day. Just keep showing up." Mila felt **grateful** for the kindness. Suddenly, she didn't feel like quitting.

Back on set for the afternoon, Mila was asked to join a few crowd scenes. She didn't have to speak, but she had to react naturally while the main actors performed. This time, she felt a little more **confident**. She followed the crew's instructions carefully and started to enjoy the rhythm of the filming.

Between takes, she chatted with a few other extras. Some were seasoned professionals; others were just like her, trying something new. Mila was surprised to learn that even experienced actors still got **nervous** sometimes. "It means you care," one of them said. That made her feel a little more **understood**.

By the end of the day, Mila had helped with three more scenes. She still felt **nervous**, but not like before. When the director called it a wrap, he clapped his hands and shouted, "Great work today, everyone!" Mila smiled. She hadn't been perfect, but she had done it.

As she left the studio, she passed the actress again, who gave her a wink and a thumbs-up. Mila waved back, feeling warm and **encouraged**. She wasn't famous yet, but she was one step closer. She walked toward the train station with a lighter step and a heart full of **hopeful** energy. It had been a rollercoaster of emotions, but she knew she would return again.

Questions

1. Why was Mila **ecstatic** about working on the film set, even though she wasn't a lead?

2. What made Mila feel **overwhelmed** when she arrived on set?

3. Why did Mila feel **apprehensive** about saying her line?

4. How did Mila react after making mistakes in her first few takes?

5. What helped her feel **relieved** and more **confident** later in the day?

6. How did the lead actress impact Mila's emotional journey?

7. What did Mila learn from her conversations with other extras?

8. How would you describe Mila's feelings at the end of the day? Use at least two adjectives from the story.

What are Adjectives for Feelings?

Adjectives for feelings describe a person's emotional state. They tell us how someone feels in a situation.

✓ These words usually come *after* verbs like "feel," "be," or "seem":

- I **feel** discouraged.
- She **is** excited.
- They **seem** nervous.

✓ Or they come *before* a noun:

- An **awkward** moment.
- A **grateful** heart.
- His **relieved** expression.

**Example:**

Adjective	Example Sentence
Apprehensive	She was apprehensive before her first performance.
Frustrated	He felt frustrated after missing his lines again.
Relieved	I was relieved when the shoot ended.
Ecstatic	The actor was ecstatic about his role in the new series.

Special Note:

- These adjectives are **subjective** — they describe *internal* feelings.
- Some can be confused with how things seem. Be careful with usage.

✗ *Incorrect:* That stage is frustrated.

✓ *Correct:* The actor **on the stage** is frustrated.

Practice I: Feeling Check

Instructions: Find 8 adjectives that describe feelings in the story. Sort them out.

Positive Feelings	Negative Feelings
Example: Ecstatic	Example: Apprehensive

Practice II: Choose the Right Word

Circle the correct adjective.

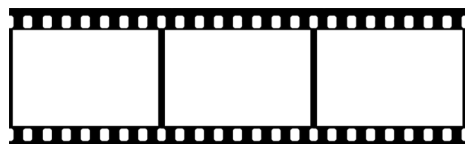
1. I felt (frustrated / grateful) when I kept forgetting my line.
2. The actor was (relieved / awkward) after hearing praise from the director.
3. She looked (apprehensive / ecstatic) before her live scene.
4. He was (grateful / overwhelmed) by the amount of feedback.
5. I was (ecstatic / discouraged) after missing my chance to speak.
6. Mila seemed (awkward / relieved) during lunch with the lead actress.
7. The director was (ecstatic / overwhelmed) by everyone's teamwork.

Practice III: Fill in the Emotions

Add adjectives that describe feelings to these sentences.

(Use only words from today's list.)

1. The _____ actor dropped her script during rehearsal.
2. The director gave a _____ nod after the perfect take.
3. Mila felt _____ when she realized she had a line to speak.
4. After messing up the scene, she felt _____.
5. Everyone felt _____ when the shoot ended on time.
6. The actress made Mila feel _____ with her kind words.



Some adjectives of feelings are commonly used with specific situations. Let's learn how!

Common Collocations:

Situation	Adjective that fits
After hearing bad news	discouraged, disheartened
When receiving support	reassured, grateful
Before a big event	apprehensive, nervous
After a great success	ecstatic, proud
In a difficult moment	overwhelmed, frustrated

Task: Fill in the blanks using appropriate adjectives from the list above.

1. I was _____ before my first piano recital.
2. After failing my test, I felt _____.
3. When my teacher helped me, I was _____.
4. I felt _____ when I won the contest.
5. After too many tasks, I became _____.

Practice IV: Write Your Own “First-Time” Story

Instructions:

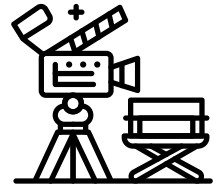
- Think of a time you tried something for the first time — acting, speaking, performing, helping in a new role, etc.
- Write a short story (5-7 sentences) about it using at least **4 adjectives for feelings** from today's lesson.
- **Underline** each adjective you use.

Example start:

I was *apprehensive* when I walked onto the stage. My hands were shaking...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Homework: "Emotion Poster"



Task:

Choose 4 **strong adjectives of feelings** from today's class.

1. Write a **short paragraph** (5-7 sentences) about a fictional or real character who experiences all 4 of those feelings in one day.
2. Use each word accurately in context and **underline** it.
3. Then **draw or design a poster** representing that character's emotional journey.

A large, empty rectangular box with a black border, intended for drawing or designing a poster.