

Lyrics, Feelings & English

English for the life you actually live.

Songs are full of emotions, metaphors, and beautiful phrases — and they can teach you real English that goes way beyond a textbook. In this pack, you'll explore two original mini-lyrics, unlock the meaning behind poetic language, and practise vocabulary for feelings that every English speaker actually uses. Ready? Press play. 🎵



Read

Explore original lyrics and poetic language



Learn

Understand metaphor, emotion, and vocabulary



Practise

Write, speak, and make the English yours

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Three Goals, Two Lyrics, One Big Idea

Welcome! This pack is designed so you can work through it at your own pace — alone, with a friend, or with your teacher. There are no rules about speed. The only rule is: notice how the language makes you *feel*. That's the secret to remembering it.

1 Understand poetic English

Learn why song lyrics don't always mean what they literally say — and why that makes them so powerful.

2 Build emotional vocabulary

Learn natural phrases for feelings: **feel overwhelmed, find the courage, speak up, feel at ease, miss someone.**

3 Express yourself

Try speaking and writing tasks that help you put your own feelings into English — not just grammar exercises.

Meet the Lyrics

All lyrics in this pack are **100% original** — written by Lumara English just for you. Read them slowly. Don't rush to understand every word. Just notice how they feel first.

Lyric A

*"I keep a little sunrise
In the pocket of my coat
For the days my words feel heavy
And the courage leaves my throat."*

Lyric B

*"You were the quiet in the room
When every clock was running loud
I found a place to say the truth
Without performing for the crowd."*



Mini scenario: Imagine you want to say something important in English — maybe in a meeting, or to a friend — but the words just won't come out. That feeling has a name. This pack will give you the language to talk about it.

How to Use This Pack

Start Here (this page) introduces the big ideas. **Learn It** and **See It In Real Life** teach the vocabulary in depth. **Try It** gives you practice tasks. **Make It Yours** is your creative space. **Answers** is at the end — no peeking until you've tried! Use a pencil or digital sticky notes for the practice sections.

Español: Un "metaphor" (metáfora) dice una cosa pero significa otra. "El sol en mi bolsillo" no es literal — es una imagen para hablar de esperanza.

Pocket Sunrises & Heavy Words: Understanding Poetic Language

Let's start with **Lyric A** — four short lines that say something very big. Read it again:

"I keep a little sunrise / In the pocket of my coat / For the days my words feel heavy / And the courage leaves my throat."

Your first question might be: *How do you keep a sunrise in a pocket?* You don't — not literally. This is called a **metaphor**: a phrase that describes one thing by calling it something else, to create a feeling or image. The "sunrise" here represents **hope** or something that gives the speaker strength. Keeping it "in a pocket" means holding onto that feeling privately, close to your heart, ready for a hard day.

This is one of the most important things to understand about song lyrics and poetry: **the literal meaning and the real meaning are different**. If you translate word by word — "sunrise," "pocket," "coat" — you miss the emotion completely. The phrase is asking: *What small thing gives you hope when life gets hard?*

Key Vocabulary: Feeling & Courage

feel overwhelmed

To have so many emotions or tasks that you can't cope.

Example: "I feel overwhelmed before big presentations."

Español: sentirse abrumado/a

find the courage

To manage to be brave enough to do something difficult.

Example: "She finally found the courage to apologise."

Español: encontrar el valor / armarse de valor

speak up

To say what you think, especially when it feels hard. Can also mean to talk more loudly. Context tells you which!

Example: "You should speak up in the meeting — your ideas are good."

Español: dar tu opinión / alzar la voz

"The Courage Leaves My Throat" — Why That Phrase?

We say things like *I have a lump in my throat* or *my heart was in my mouth* in English to describe physical feelings caused by emotions. The lyric "the courage leaves my throat" is a creative version of this idea — it says that the moment the speaker tries to speak, the bravery disappears. This is **not** a common everyday collocation (a pair of words that normally go together). It's a **poetic invention**. You would not say this in a normal conversation, but you can absolutely understand and appreciate it.

What IS natural in everyday English? These are: *lose confidence, go blank, feel tongue-tied, freeze up*. These collocations are safe to use in real life. The poetic phrases teach you emotional ideas; the collocations teach you conversational tools.



Grammar note: Notice "feel overwhelmed" — **feel** + adjective is very common for emotions. "I feel nervous / sad / at ease / overwhelmed." Don't say "I feel overwhelmingly." X

Español: "Abrumado/a" = overwhelmed. "Courage" = valor/coraje. "Speak up" puede significar hablar más fuerte O expresar tu opinión — el contexto lo indica.

Quiet Rooms & Honest Conversations

Now let's move to **Lyric B** and bring everything to life with real examples. Then you'll meet two characters — Ana and Tomás — in a short story that uses all five key phrases naturally.

"You were the quiet in the room / When every clock was running loud / I found a place to say the truth / Without performing for the crowd."

"The quiet in the room" doesn't mean the person was silent. It means they created a **feeling of calm** — their presence made the speaker relax. "Every clock was running loud" is a metaphor for a life that felt busy, stressful, and noisy. And "performing for the crowd" means pretending, putting on a show — the opposite of being honest. Together, the lyric describes a person who helps you **feel at ease** so you can be real.

Key Vocabulary: Comfort & Connection

feel at ease

To feel relaxed and comfortable, especially with another person.

Example: "She always makes me feel at ease, even on stressful days."

Español: sentirse a gusto / tranquilo/a

miss someone vs. lose something

Miss = to feel sad because someone is not with you. **Lose** = to no longer have something. These are NOT the same!

Example: "I miss my grandmother." ✓ "I lost my grandmother." ✓ (different meaning!)

"I lose my grandmother." X — this sounds like a grammar mistake.

Español: "miss" = echar de menos. "Lose" = perder.

A Short Story: The Recording Session

Ana had been working on her first song for three months. Every time she played it for someone, she changed the lyrics, softened the melody, added a joke at the end. She was **performing for the crowd** — even in a room with just one person.

Then came the session with Tomás, her producer. He didn't say much at first. He just made tea, turned the lights low, and said, "Play it for me exactly as you wrote it. Not for me. For you."

Ana started to sing. Her voice was small at first — she could feel the moment when **the words felt heavy**, when she almost stopped. But Tomás just nodded slowly. He didn't fix anything. He listened.

When she finished, she felt something she hadn't expected: **at ease**. Completely. "I always **feel overwhelmed** before I play something new," she said. "Like I'm going to forget how to speak."

"That's normal," Tomás said. "But you **found the courage**. You didn't change it this time."

"I almost did," she laughed. "About four times."

He smiled. "The song is about your friend who moved away, right?"

"Yeah. I really **miss her**. We **lost touch** after she moved to Guadalajara — it wasn't dramatic, we just... drifted." She paused. "I didn't *lose* her. That sounds wrong. I *miss* her. Every week, a bit."

"That difference matters," Tomás said. "Put it in the bridge."

She wrote it down. And for the first time, she didn't perform. She just **spoke up**.

Later, walking home, Ana thought about the little things she kept close — the voice notes from her friend, a playlist they'd made together. Her own pocket of sunrise. Not literal. Just real.

Español: "Miss" y "lose" son errores frecuentes. "Echo de menos a mi amiga" = "I miss my friend." No se dice "I lose my friend" para expresar ese sentimiento.

Your Turn — Six Practice Tasks

Work through the tasks below at your own pace. Write your answers directly on this page (or in your notebook). Some tasks have one correct answer; some are open and creative. Don't check the answers page until you've given each one a real try — that's where the learning happens. 🧡

1

Literal or Metaphorical?

Is *"I keep a little sunrise in the pocket of my coat"* a literal statement or a metaphorical one?

Your answer: _____

2

Match the Meaning

Which word best matches **feel at ease**?

A) relaxed B) angry C) bored

Your answer: _____

3

Complete the Phrase

Complete this sentence with the correct word:

"She finally found the _____ to speak."

Your answer: _____

4

Rewrite It

Rewrite this poetic phrase in plain, everyday English:

"My words feel heavy."

Your answer: _____

5

Write Your Own Lyric

Write a two-line original lyric about the feeling of **relief**. It doesn't have to rhyme perfectly — just feel true.

Line 1: _____

Line 2: _____

6

Find the Natural Phrase

Identify a natural, everyday English phrase that means: *to talk more loudly* OR *to express your opinion when it might be difficult*.

Your answer: _____



Study tip: For Task 5, don't try to write a perfect poem. Just think of a moment when something heavy lifted — a test finished, a conversation that went well, a worry that turned out to be small. Start there.

Your Voice, Your English

This is the creative part — and the most important part. Everything you've studied this session gets real when you use it to talk or write about your own life. Don't worry about perfection. Worry about honesty. That's what good lyrics do, and that's what good language learning does too.



Speaking Task: Your "Pocket Sunrise"

Think of a small thing — a habit, an object, a memory, a song — that helps you feel calm or brave when things feel hard. It could be a cup of coffee before a difficult call, a voice note from a friend, or even just sitting by a window.

Speak for 1–2 minutes. Use these scaffolding questions to help you plan:

01

What is your "pocket sunrise"?

Describe it simply. What is it? When did you start using it?

02

Why does it help?

Try to use: *It makes me feel at ease / I feel less overwhelmed when...*

03

Is there a person connected to it?

Try to use: *I miss... / I find the courage to... / I can speak up when...*



Writing Task: A Two-Verse Lyric

Write 4–6 lines of an original lyric (it doesn't have to rhyme) about a moment when you felt either **overwhelmed** or **at ease**. Use at least **two** of the phrases from this pack. Think about what image or metaphor could carry that feeling — like a sunrise in a pocket, or quiet in a crowded room.

Your lines:



Meme of the Session



"Me, three seconds after I finally spoke up."

[Edit this caption with your own version!]

Language Note

The caption uses **spoke up** in the past simple. Notice: *speak* → *spoke* (irregular verb). The phrase here means *expressed my opinion*, not "talked more loudly" — context is everything.

Try writing your own version of the caption using one of today's phrases:

"Me, three seconds after I finally _____."

Options: *found the courage / felt at ease / stopped performing for the crowd*

✓ Success Checklist

- I can explain what a metaphor is in my own words
- I used "feel at ease" correctly in a sentence
- I know the difference between "miss" and "lose"
- I wrote at least two lines of original English
- I tried the speaking task, even for 30 seconds

Answer Key & Model Responses

Well done for reaching the end! Here are the answers to the closed tasks, model responses for the open ones, and a quick recap of everything you learned today. Remember: for Tasks 5 and 6 (speaking and writing), *your* answer is valid as long as it's honest and uses the language — there's no single "correct" response.

Task 1

Metaphorical. You cannot physically keep a sunrise in a pocket. The image represents hope or a private source of strength.

Task 2

A) Relaxed. "Feel at ease" = to feel comfortable and calm. It is never associated with anger.

Task 3

Courage. "She finally found the courage to speak." This is a natural collocation: *find the courage to + infinitive*.

Task 4

Model answer: "It's difficult for me to say what I feel." Other natural options: "I can't find the right words" / "I struggle to express myself."

Task 5

Open — model answer:
*"I put my worries by the door
 And let the evening ask no more."*

Task 6

Speak up. It means both "to talk more loudly" AND "to express your opinion." Context tells you which meaning applies.

Key Learning Points — Quick Recap

→ Metaphor ≠ Literal

Poetic phrases like "a sunrise in my pocket" create an emotional image. They are not everyday collocations — but they teach you emotional vocabulary and help you understand authentic English.

→ Emotional vocabulary is grammar too

Feel + adjective: feel overwhelmed, feel at ease, feel nervous. These patterns are essential for natural, fluent English.

→ Miss ≠ Lose

Miss = feel sad someone/something is absent. *Lose* = no longer have something. "I miss my friend" and "I lost my friend" have completely different meanings in English.

→ Speak up = two meanings

Physical volume: "Can you speak up? I can't hear you."
 Opinion: "You should speak up about that — your view matters." Always check the context.

Model Responses for Speaking & Writing

Speaking Model

"My 'pocket sunrise' is my morning playlist. I've had it since I was preparing for an exam that really scared me. When I feel overwhelmed before something difficult, I put my headphones on and it helps me feel at ease — like I'm not alone. There's one song on it that I associate with my cousin, who moved away last year. I really miss her. Somehow, the music helps me find the courage to start the day."

Writing Model

*"There is a chair by the window
 Where the noise agrees to wait
 I go there when I feel too full
 And let the quiet recalibrate."*

This model uses the metaphor of a physical place to represent emotional relief — exactly the technique from Lyric B. Notice "feel too full" = feel overwhelmed, expressed metaphorically.

 **You've completed Lyrics, Feelings & English.** You explored metaphor, built emotional vocabulary, practised real English in context, and created something of your own. That's a full session. Be proud of that.