

DESCRIBE YOURSELF IN SIMPLE TERMS

We are starting the 'Vocabulary for Describing People' series.

At the end of this lesson, you will know how to describe yourself in simple terms.

This 'Describe Yourself' lesson will be done **8 Steps**. It is better to do **1 Step** at a time for better results.

Use a unilingual or bilingual dictionary if you do not understand new vocabulary. You can also check the pronunciation of the words.

It is also a good idea to write down important information to get the most out of this lesson.

Have you got a pen or a pencil and a copybook to take down notes?

Are you ready?

Let's start!

a) Describe Yourself (Step 1): Give Basic Information about Yourself

DESCRIBING YOURSELF: BASIC INFORMATION

FIRST NAME

SURNAME

ADDRESS

AGE

SEX

NATIONALITY

HEIGHT

WEIGHT

CLOTHES SIZE

SHOE SIZE

COLOUR OF EYES

COLOUR AND LENGTH OF HAIR

JOB AND OCCUPATIONS

HOBBIES

LIKES AND DISLIKES



<https://learnenglishwithafrica.com>

What should you say when someone asks you to describe yourself? Below are some of the things you can say about yourself.

- My first name is Mary and my surname is Alfonso. I am a girl.
- I am Spanish and I live in Madrid.
- I am seventeen years old but I will turn eighteen next week.
- My eyes are brown and my hair is black, medium-sized and curly.
- I am 165 cm tall./My height is 165 cm.
- I wear size 40 shoes and my clothes' size is 40 too.
- I am a student.
- I like singing and baking.
- I don't like skateboarding.

Your turn: Pick five words from the picture and make sentences. Pay attention to spelling.

Now, let's go to **Step 2**. It is all about describing your **Physical Appearance**.

b) Describe Yourself (Step 2): What Adjectives can you use to describe your Physical Appearance?

ADJECTIVES FOR DESCRIBING APPEARANCE

TALL SHORT FAT THIN PLUMP SLIM CHUBBY

LANKY OVERWEIGHT OBESE ANOREXIC WELL-BUILT

SKINNY MUSCULAR OLD YOUNG MIDDLE-AGED

ATTRACTIVE UNATTRACTIVE REPULSIVE GORGEOUS



When describing yourself, you can also talk about your physical appearance. Are you tall or short? Are you lanky or overweight? Let's see how you can use these words in a sentence.

Here are a few non-exhaustive examples:

- People say I am **obese** but I am just **overweight**.
- My best friend thinks that I'm **attractive**, though I think that I'm too **thin**.
- I look very **young** for my age.
- I can describe myself as **muscular**. Do you agree with me?
- I'm a **middle-aged** woman who loves cooking.
- I don't like the fact that I'm **anorexic**. I would rather be **plump**.
- I'm **well-built** thanks to very good genes.
- I don't look **unattractive** or **repulsive** and that's the truth!
- I am not as **old** as you believe.

Your turn: What about making your own sentences? Be very creative!

Once you have finished, we can proceed to **Step 3**. It is about describing your personality.

c) Describe Yourself (Step 3): How can you describe your personality in general?

ADJECTIVES FOR DESCRIBING PERSONALITY

CALM FRIENDLY EASY-GOING CONFIDENT FUNNY

SHY NERVOUS WILD NAUGHTY ANXIOUS CARELESS

OUTSPOKEN FEARLESS BRAVE CHEERFUL UPBEAT WARM

OPIMISTIC PESSIMISTIC ENERGETIC LETHARGIC



We all have different personalities. How would you describe your personality? Are you outspoken or shy? Are you the nervous type? Maybe you are fearless.

Below are a few examples to help you make your own sentences later on.

- I like being **cheerful** all the time but some situations make me feel really sad.
- I am **optimistic** by nature. I don't picture myself being **pessimistic**.
- My children think I am **easy-going** because I am not complicated at all.
- I would like to be **brave** and **courageous** so that I can stand up to my bullies.
- I used to be very **naughty** in my teens but I have recently become more mature.
- I get **anxious** in public places, so I don't go out as often.
- I see myself as a **calm, funny** and **friendly** person. My enemies think otherwise.
- I'm **confident** when I'm doing a difficult task. This is why I love public speaking.

Your turn: Make 5 sentences that use some of the vocabulary in the picture. Two of the sentences should have transitional words such as **BUT** and **BECAUSE**.

d) Describe Yourself (Step 4): How can we describe your character?

ADJECTIVES FOR DESCRIBING CHARACTER

HONEST

DISHONEST

GENEROUS

STINGY

RELIABLE

BALANCED

FLEXIBLE

INFLEXIBLE

TOLERANT

INTOLERANT

AUTHENTIC

FAKE

PATIENT

IMPATIENT

LIKEABLE

LOYAL

DISCIPLINED

PRACTICAL

DILIGENT

CONSCIENTIOUS



We can define character as your mental and moral qualities. Can you define them easily?

Let's see what we can do.

Below are a few examples.

- I am quite **flexible** when it comes to money and time.
- I want to be **disciplined** because lack of discipline brings a lot of problems at school or at work.
- I think that I am **honest**. Actually, I don't like dishonest people.
- My boss told me that I am a **diligent** and **conscientious** employee. I am happy he said that!
- I can be **tolerant** towards **impatient** people but there comes a point when I get fed up. I thus become **intolerant** to them.
- I'm sometimes **stingy** because I'm afraid I won't have enough money for myself to buy things.

Your turn: How can you describe your character? Choose 5 Adjectives in the picture and make sentences. You can do it!

e) Describe Yourself (Step 5): How can you talk about your emotions?

ADJECTIVES FOR DESCRIBING EMOTIONS

HAPPY CONTENT FRUSTRATED ELATED DEJECTED SAD

ENTHUSIASTIC JOYFUL ANGRY CHEERY UNHAPPY DEPRESSED

EVEN-TEMPERED SHORT-TEMPERED JOLLY COOL ECSTATIC

MOODY MAD SERENE BLISSFUL CONTENTED



Our emotions can sometimes define us as well. How are you feeling now? Happy? Sad? Are you usually short-tempered? Perhaps you are cool.

How can we talk about our emotional state?

Here are a few examples for inspiration.

- I'm often **moody** when I wake up in the morning.
- I am usually **enthusiastic** about many situations.
- I don't feel **depressed** right now because I do a lot of sports.
- I'm an **even-tempered** mother and I try to protect my children from emotional turmoil.
- I get **frustrated** very easily but I'm trying to solve this problem.
- I feel quite **dejected** because I got fired from work. However, I'm planning to find another job as soon as possible.
- I am **happy** at the moment since I have excellent grades at school. Last year I was unhappy most of the times because school was tough.

Your turn: What other sentences can you think of? Write them down and read them to someone if you want to.

f) Describe Yourself (Step 6): What are your hobbies?

DIFFERENT TYPES OF HOBBIES

SINGING SWIMMING SEWING DANCING RUNNING CYCLING

HIKING ROLLER SKATING ICE SKATING ROLLERBLADING

BOWLING SKIPPING ROPE SCRAPBOOKING D.I.Y KNIITTING

COOKING BAKING READING PHOTOGRAPHY



What do you like doing in your free time? Are you adventurous or not? Do you like doing indoor or outdoor activities?

What sentences can you make to talk about your hobbies?

Let's look at a few examples below.

- **D.I.Y.** projects are fun. I like making different types of projects.
- I used to be addicted to **scrapbooking** a few years ago. Now I am into **sewing**.
- **Dancing** and **cooking** are some of my favourite hobbies. What about you? What are your hobbies?
- I want to start **hiking** when summer comes. I think that this is a very healthy outdoor activity.
- I don't like **running** because each time I run, I run out of breath.
- **Baking** is really my favourite hobby. I mean, who doesn't like eating a nice piece of cake?
- I'm very adventurous so I like **roller skating** and **ice skating**. I'm not very good at these activities but, hey, I try my best:-)

Your turn: What else can we write about our hobbies? Think of some interesting sentences and share them with your friends or family.

g) Describe Yourself (Step 7): Let's talk about jobs and occupations?

DIFFERENT TYPES OF JOBS

TEACHER SECRETARY NURSE DOCTOR LAWYER MANAGER

ACCOUNTANT GRAPHIC DESIGNER WEB DEVELOPER ECONOMIST

DRIVER CONTENT CREATOR ENGINEER POLICE OFFICER

FIREFIGHTER COMEDIAN WRITER FASHION DESIGNER



Jobs and occupations are also part of our identity. A nurse is different from an engineer and a content creator has nothing to do with a firefighter. What is your job or occupation and how do they define you? Have a look at the above picture once again. Is your job featured? Can you talk about your job or your occupation?

Below are a few examples:

- I have been working as a **web developer** since 2015. This job is challenging and rewarding at the same time.
- My father wants me to be a **doctor** but I would rather be a nurse. I think that nurses are closer to patients.
- I want to be a **graphic designer** for this is really an interesting and creative job.
- People say that I'm funny so I would like to become a **comedian** in the future.
- I work as an **accountant** for an accountable and reliable firm.
- I'm a **writer** because I love reading and writing. I mainly write poems and short stories.

Your turn: As usual, make **5** sentences (or maybe more!) using words from the picture. Be as creative as possible and use transition words such as **NEVERTHELESS, PROVIDING THAT, INDEED**, etc.

h) Describe yourself (Step 8): How can you describe your dreams and ambitions?

TALKING ABOUT DREAMS AND AMBITIONS

TRAVEL MORE GET A BETTER JOB GO TO HARVARD OR OXFORD

START A YOUTUBE CHANNEL GET MARRIED BECOME A SINGER

OPEN A DANCING SCHOOL MEET MY FAVOURITE ACTOR OR ACTRESS

HAVE A LOT OF FOLLOWERS TRANSFORM MY COMMUNITY

<https://learnenglishwithafrica.com>

What would you like to do or become in your lifetime? Can your dreams be realised or are they far-fetched?

How can you talk about your dreams or ambitions easily?

Let's look at a few examples below.

- I will be the happiest person on earth if I **meet my favourite actress**. Her name is Anne Hathaway.
- I want to **have a lot of followers** on Instagram and be a famous social media influencer.
- I dream to **get a better job**. I'm currently in a dead-end job.
- I would love to **transform my community** by working on meaningful projects.
- I'm good at dancing so I would like to **open a dancing school** if I get enough funding.
- I would like to **get married** to a rich and well-known singer in my wildest dreams;-)
- My ambition is to **go to Oxford or Havard** to study law so that I can become a well-trained lawyer who can efficiently defend people.

Your turn: What are your dreams or ambitions? Make a **5** sentences to talk about them. Make sure that your sentences are well-developed.

Well done! Congratulations for coming so far! You will soon have a good rest.

This was the last step in our '**Describe Yourself**' lesson. What did you like the most?

Remember that unilingual and bilingual dictionaries are your best friends. Check new words and practise your pronunciation. It is also a good idea to record yourself and make someone hear your recording. You can do so many things in English!

Well, it was nice to have you around.

Until next time!



Learn **English**
With Africa