How do you think the fish in the picture on pages 24 to 25 of the EMOTIONARY are feeling? Choose the correct words, then explain why.

comfortable worried nervous calm
serious uncomfortable sad peaceful

What feelings do the fish provoke in you? Underline the words.

tranquillity anxiety calm pleasure
nervousness relaxation worry peacefulness

Do you like the feelings? Why? / Why not?
Read the definitions of the word **harmony** and write 1, 2 or 3 next to the sentences below.

*harmony.*

1. an effect created when objects or colours combine well together
2. a situation in which people feel comfortable together
3. a musical sound made by different notes being played at the same time

☐ All the furniture in my bedroom is white, and the walls, cushions and curtains are different shades of blue, so there is real harmony in the decoration.

☐ In this piece of music there is great harmony between the wind and string instruments.

☐ Tabitha is my best friend. We always feel in harmony with each other and like doing the same things.

Read the text on page 24 of the **Emotionary** and write **T** (true) or **F** (false) next to the sentences below.

☐ Serenity is a superficial emotion.

☐ Serene people experience tranquillity and peace.

☐ Serene people are usually polite.

☐ Serenity helps you to see things with clarity.

☐ Serenity is a muscle.

Put the letters in the correct order to make the word in the text that means **a special ability**.

R U P O R S E P E W

……… ……… ……… ……… ……… ……… ……… ………
In the text it says that you can exercise serenity. What does this mean here? Tick the correct meaning.

- to use a power. For example: The head teacher exercised her authority to get a grant for a new football pitch.

- to take an animal for a walk. For example: We have a big dog, so we have to exercise her three times a day.

- to do a physical activity to stay healthy. For example: My parents exercise at the gym twice a week.

- to move or use a part of your body or mind to make it stronger. For example: When I hurt my knee, the doctor said I should exercise it every morning.

Now choose one of the meanings and write a true sentence about yourself.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

7 Underline the three synonyms of illuminate and write a sentence containing each one.

light up improve enlighten

extend brighten explode
Two months ago, I broke my leg. I was furious because I really wanted to go skating. But I had to use crutches so I couldn’t. I was sad, as well as angry, and the worst thing was that there was absolutely nothing I could do about it.

Now I’m feeling more serene. I’ve realised that it’s not worth getting angry about something you can’t change. And what’s more, there are lots of other things I can still do.

How did Olivia feel when she broke her leg?

How does she feel now?

What does she think about how she felt at first?

Do you think she is happier now than when she broke her leg? Why? / Why not?
9 Read what Max thinks. Then think about four things that stop YOU feeling serene and write them down.

Max

In this house, there is nowhere I can feel calm. If Laura isn’t playing the guitar, the dog is barking, or Dad’s humming a tune, or there’s a traffic jam in the street and everyone is sounding their horn…

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

Write ‘recipes’ for recovering your serenity. Follow the model.

1. If there is a lot of noise, I can go and relax in the bath
The EMOTIONARY worksheets belong to the Say What You Feel series. For more information on the series, further worksheets and other supplementary materials, please go to www.palabrasaladas.com/f/emo_eng.html