1 Look at the picture on pages 30 to 31 of the EMOTIONARY and answer the questions.

- What has happened?

- How do the characters feel?

- How can you tell?

2 Underline the words related to sadness and write some more words of your own below.

- peacefulness
- tears
- loss
- emptiness
- shock
- satisfaction
- sorrow
- sleepiness
Read the definitions and complete the crossword puzzle with words from the text on page 30 of the Emotionary.

1 the way you are feeling
2 when something becomes smaller, fewer or less
3 the energy or motivation to do something
4 a noun that comes from ‘strong’
5 the feeling of being hungry; of wanting to eat

Complete the sentences about the text on page 30 of the Emotionary.

- Sadness is a general decline in ____________________.
- When we are sad, we may lose ____________________
  ____________________ ____________________
- It’s normal to feel sad when ____________________
  ____________________ ____________________.
5 Tick the sentence in which *let down* is used correctly.

☐ Dora let Mary down when she accepted her invitation to sleep at her house on Saturday.

☐ Dora let Mary down when she wanted to sleep at Mary’s house on Saturday but Mary said she didn’t fancy it.

☐ Dora let Mary down when she had planned to sleep at Mary’s house on Saturday but then changed her mind.

6 Now say what *let down* means in your own words.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

7 In the text it says that sadness is *like a grey veil that can shroud our life*. Draw a picture of what you imagine when you read this sentence.
8 Speak to a friend or member of your family about sadness, then write down three things that make you both sad.

____________________________________________________________
____________________________________________________________
____________________________________________________________

How can you overcome sadness?

____________________________________________________________
____________________________________________________________

9 Sadness can be accompanied by other emotions. Think about situations in which you might feel these emotions:

sadness + excitement ➔ moving to a new town

sadness + embarrassment ➔ ______________________________________

sadness + remorse ➔ ____________________________________________

10 Put the letters in the correct order to find a solution for sadness.

TOCSONALION
Write a letter reminding yourself of the things that make you happy. You can read it whenever you are feeling sad.
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