1 Write down the names of three people you miss during the school holidays.

____________________________________________________________

2 Write down the names of two places you have been to and would like to visit again.

____________________________________________________________

____________________________________________________________

3 Look at the two swings and the two dogs from the picture on pages 62 to 63 of the EMOTIONARY.

- Are they the same? If not, what is different about them?

____________________________________________________________

____________________________________________________________

- Which ones do you like best? Why?

____________________________________________________________

____________________________________________________________

____________________________________________________________
4. Read the text about **nostalgia** on page 62 of the EMOTIONARY and write T (true) or F (false) next to the sentences below.

- □ Nostalgia is a kind of sorrow.
- □ Nostalgia is an empty feeling that makes us feel happy.
- □ Nostalgia strikes when we are missing someone.
- □ Nostalgia makes us feel happy when we remember something.
- □ When we feel nostalgic, we miss people, things or places.

Now correct the false sentences.

____________________________________________________________

____________________________________________________________

____________________________________________________________

5. Circle the correct definition of **nostalgia**.

1. a sadness caused by bad things happening to others
2. a sadness caused by memories of happy times
3. a deep, permanent sadness
4. a sadness produced by negative feelings
5. a deep feeling of sadness plus a loss of interest in things you used to enjoy

Now match the other definitions with the feelings below.

- melancholy ➔ _____
- bitterness ➔ _____
- compassion ➔ _____
- depression ➔ _____
How would you describe a person who is feeling nostalgic? Look at the nouns below and write the related adjectives.

- Nostalgia → Nostalgic
- Sadness → ____________________
- Depression → ____________________
- Bitterness → ____________________
- Compassion → ____________________
- Melancholy → ____________________

Complete the sentences with the words you have written in Activity 6.

- My daughter, Nadya, worries about children in other countries who don’t have enough to eat. She is very _____________________.
- Since Denis’s wife died, he’s lost interest in everything. He’s very _____________________.
- Oliver is a bad loser. His envy toward his brother (because his brother won a race) is making Oliver feel _____________________.
- Laura is ____________________ because her grandma is going home today. But she’ll soon get over it.
- Ryan has been feeling very _____________________, thinking about what a great time he had at the beach last summer.
- Sarah’s feeling of nostalgia isn’t going away. She’s been ____________________ for ages now.
Read what Claire says and answer the questions.

Today I opened the box where I keep all my special things, and I found some photos from when I was little. What great times I had 40 years ago! I can remember walking along the beach and the smell of the sea. I can remember collecting snails – and I can even remember the names of all my childhood friends. When I started thinking about those times, I got a bit sad. But then I thought, ‘How lucky I was to be able to enjoy those lovely summers by the beach.’

Was Claire feeling nostalgic? What for?

How did she deal with her feelings of nostalgia?

How did she feel in the end?

Do you think there is anything positive about nostalgia?

☐ No, because it’s really sad not to be able to be with the person you want to be with.

☐ Yes, because it teaches you that you’re lucky: you have had things and people in your life that have made you very happy.
10 Write down five things you miss about the summer when it’s winter.

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

11 Write down five things you miss about the winter when it’s summer.

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

12 Write down all the things that the word **nostalgia** makes you think about.

____________________________________________________________

____________________________________________________________
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