1. Sit in a quiet place. Write down:

- three things you want that you think you could easily achieve.

- three things you want that you think you could achieve if you made a big effort.

- three things you want that seem impossible to achieve.

- What do you think you could do to try to achieve the impossible things?
2 Read the text on melancholy on page 64 of the EMOTIONARY and answer the questions.

- Which emotion is stronger, melancholy or nostalgia?

- When does melancholy most often strike?

- Is melancholy a pleasant emotion? Why / Why not?

- What may melancholy cause you to do?

3 Read the definition of the word allure. Then tick the sentence which uses the word correctly.

**allure**
the quality of being exciting, interesting or attractive.

☐ When Finn invited me round to his house, I couldn’t resist the allure of his new puppy. He is so cute!

☐ When I invited Finn round to my house, I was really upset by his allure. But I think that he was just scared of our big dog.

☐ Now circle the word that you could use instead of allure in the sentence where it is used wrongly.

charm rejection temptation appeal
What does **absorbed** mean? Tick the correct answer.

- [ ] bored
- [ ] immersed
- [ ] confused

In which sentence below is the word **absorbed** used correctly? Tick the correct answer.

- [ ] I was so absorbed in the film that I fell asleep on the sofa.
- [ ] I was so absorbed in the film that I couldn’t understand what was going on.
- [ ] I was so absorbed in the film that I didn’t hear my dad say that dinner was ready.

Now rewrite the sentences which use **absorbed in** wrongly and replace the words with the ones below:

- confused by
- bored by

Underline the word or expression which means the opposite of the first one. Be careful – one of them has two opposites!

- [ ] far away → distant    nearby    in the past
- [ ] come to an end → stop    break up    make a start
- [ ] the here and now → the past    the future    the present
Tick the situations in which you have felt sadness or sorrow.

- [ ] at the end of a lovely day on the beach
- [ ] after playing in a match or sports competition
- [ ] after a weekend at your grandma’s house
- [ ] when a friend goes home after playing at your house

Why do you think you feel this sorrow? Tick the correct reason.

- [ ] Because I'll never be able to relive the day.
- [ ] Because all good things have to come to an end.
- [ ] Because, after doing something nice, I have to do something I don’t want to do.

Write down some ways of overcoming melancholy.

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
8 Write down how you think the people below would behave in the following situation.

The summer holidays are over. Tomorrow we go back to school.

someone who is optimistic → ________________________________

____________________________
someone who is lazy → ________________________________

____________________________
someone who is melancholic → ________________________________

____________________________
someone who is nervous → ________________________________

____________________________
someone who is easily frightened → ________________________________

____________________________

9 Now imagine that you are in the same situation (the summer holidays are over, and tomorrow you go back to school). Which emotions would you feel?

☐ melancholy  ☐ euphoria  ☐ fear

☐ sadness  ☐ curiosity  ☐ tension

☐ enthusiasm  ☐ joy  ☐ serenity
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