Excitement

1. Look at the picture on pages 68 to 69 of the EMOTIONARY and answer the questions.
   - What is the cat looking at?

   ______________________________________________________________
   ______________________________________________________________

   - What do you think it is waiting for?

   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

2. Write down three things that you get excited about.

   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

   - Why do you get excited about these things? What do you get out of them?

   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
Read the text about **excitement** on page 68 of the EMOTIONARY and complete the sentences.

- Excitement is the anticipation that we feel ____________________________.
- Excitement is an ingredient which makes life more ____________________________.
- Practically anything can ____________________________.

**4** Match each word to its definition.

- **anticipation** a party or special event
- **energy** one of the foods we use in making a special meal
- **celebration** enthusiasm and determination
- **ingredient** a feeling of excitement about something that is going to happen soon

**5** Match each ingredient to the dish it belongs to.

- **Digestive biscuits** full English breakfast
- **minced meat** chicken tikka massala
- **potatoes** lasagna
- **bacon** banoffee pie
- **curry paste** Spanish omelette
- **flour** apple crumble
In one Winnie the Pooh story, Pooh was thinking about honey. He thought that eating honey was a very good thing to do, but ‘there was a moment just before you began to eat it which was better than when you were, but he didn’t know what it was called’. What was the word he didn’t know?  

Complete the sentences with words from the *excitement* family.

- Jess had a really ____________________ weekend. She didn’t feel very well, so she stayed at home with her grandad, whilst her family went to the fair.
- Isaac is ____________________ about his birthday already – and it isn’t for another month! He’s a very ____________________ person.
- Sarah, don’t ____________________ the dog! He’s going to start barking!
- We are going on holiday tomorrow. It’s so ____________________!

What is the opposite of *excitement*? Put the letters in order to make two words.

- MOBROED  ➔ ____________________
- LEDSULNS  ➔ ____________________
Read what Nick said one day.

My sister Ciara gets excited when she thinks about learning to ride a horse. My mum has said she can if she works hard at school this year. But I get excited when I imagine myself BEING a horse and galloping through the countryside!

- Do you think that Ciara’s dream will be fulfilled? What does she have to do to achieve it?

- What about Nick’s dream? Will it ever be fulfilled?

- Is it more disappointing to have a dream like Nick’s or like Ciara’s? Why?

- Think about some of the things you get excited about (you can use the things you wrote down in activity 2, then add some more) and put them in the correct column in the table below.

<table>
<thead>
<tr>
<th>Dreams that can be fulfilled</th>
<th>Dreams that can’t be fulfilled</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Look again at the picture on pages 68 to 69 of the EMOTIONARY. Do you think that the cat’s dreams will be fulfilled? Why? / Why not?

____________________________________________________________
____________________________________________________________
____________________________________________________________

Write down three reasons why you might get excited in the following situations.

- celebrating your grandma’s birthday

____________________________________________________________
____________________________________________________________
____________________________________________________________

- moving house

____________________________________________________________
____________________________________________________________
____________________________________________________________

- going on a school trip

____________________________________________________________
____________________________________________________________
____________________________________________________________
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