1. Look at the picture on pages 72 to 73 of the EMOTIONARY and answer the questions.
   - Why do you think the animals are so happy?
   - What do you think they are celebrating?

2. Underline the names of the animals that appear in the picture on pages 72 to 73 of the EMOTIONARY.
   - parrot
   - toucan
   - hippo
   - monkey
   - lion
   - panther
   - elephant
   - flamingo
   - okapi
   - giraffe
   - tiger
   - hyena

3. Draw another two animals who have come to join the party.
4 Read the text on page 72 of the EMOTIONARY and write T (true) or F (false) next to the sentences below.

□ Euphoria gives you strength.
□ Euphoria helps you to face bad situations.
□ When you are euphoric, you feel bad.
□ Euphoria allows you to rise to any challenge.
□ Euphoria makes you see things in a positive way.

5 Match each word to its meaning.

- adversity: something that requires a lot of effort
- well-being: a difficult situation
- challenge: the state of being healthy and happy

6 Now complete the sentences using the words from the previous activity.

Hayley loves that sense of ___________________________ when she comes home from school in the winter, makes herself a hot drink and snuggles up on the sofa.

Malik’s football team is playing against the best team in the league this weekend but his coach has taught him never to give up in the face of ___________________________, so he is going to play to win.

Craig really likes a ___________________________ – that’s why he has entered the school judo competition, even though there are some really good competitors.
7 Read the sentence and draw the glass.

Be careful! That glass is overflowing!

What does the above sentence mean?

- The glass is full to the top.
- The glass is breaking.
- There is too much liquid in the glass and it’s going over the sides.

It says in the text on page 72 to 73 of the EMOTIONARY that euphoria is an overflowing of positive energy. What does this mean?

- You have so much energy that you can’t keep it in.
- You have so much energy that it escapes and disappears.
- You don’t know how to measure the energy you have.

8 Complete the sentences using the right adjective.

pessimistic  optimistic

- Katie always sees the positive side of things. If it starts raining, she says, ‘The sun will come out soon.’
  Katie is ___________________________________________________.

- Esther always sees the negative side of things. If it starts raining, she says, ‘It’s never sunny. What a shame!’
  Esther is ___________________________________________________.

9 Do you think you are pessimistic or optimistic? Give an example.

__________________________________________________________________________________
10 Read the situation and answer the questions.

Lucy and Georgie are making a raft out of recycled materials. They are using plastic bottles to make it float and they are going to put a sheet of plastic on top to sit on. They’ve been making it for a long time and they are sure it is going to work. Finally, they put it in the water.

The first problem they have is that, when the sticky tape they have used to hold it all together touches the water, it stops being sticky. Georgie is euphoric. Tick what he says.

☐ Oh, no! It doesn’t work! How annoying!

☐ It doesn’t matter! Let’s stick it back together with glue.

Later, Lucy tries to climb on to the raft but it sinks at one side. Georgie is still euphoric. What does he say?

☐ We need to stick on some more plastic bottles.

☐ Get off, Lucy. This raft is never going to float.

How does Georgie react to adversity? Tick the correct boxes.

☐ He gives up immediately.

☐ He doesn’t give up.

☐ He’s optimistic.

☐ He’s realistic.

11 Think about what you say when you are feeling euphoric, and write it down below.

____________________________________________________________

____________________________________________________________
What are the characters in the picture on pages 72 to 73 of the EMOTIONARY saying? Write your answers in the speech bubbles.
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