





- Look at the picture on pages 30 to 31 of the EMOTIONARY and answer the questions.
 - What has happened?

It looks like there has been a shipwreck. Maybe the rabbit saved the goose from its cage before it sank.

How do the characters feel?

They feel sad.

How can you tell?

They look sad and the rabbit is crying.



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

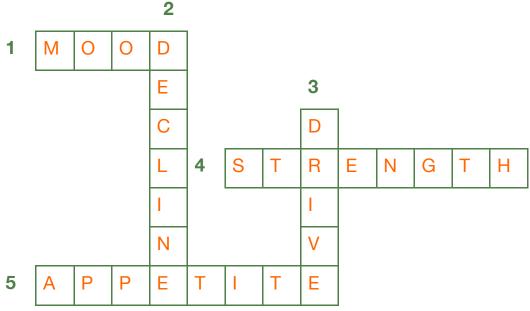
peacefulness <u>tears</u> <u>loss emptiness</u> shock satisfaction <u>sorrow</u> sleepiness

Sample answer: crying, upset, unhappy...





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
- 4 Complete the sentences about the text on page 30 of the EMOTIONARY.
 - Sadness is a general decline in our energy and our mood.
 - When we are sad, we may lose our appetite, our strength and our drive.
 - It's normal to feel sad when people let us down or we lose something important to us.





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.
	Sample answer: We are let down when someone promises to do something for us or we expect someone to do something for us and they don't do it.
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.
	Open answer





Speak to a friend or member of your family about sadness, then write down three things that make you both sad.

Open answer

How can you overcome sadness?

Sample answer: by thinking about good times, by talking to others about how we feel, by looking for something fun to do, by singing or dancing with friends.

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 → getting scolded in public for something

you have done wrong

sadness + remorse → hurting someone you love

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

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

Open answer





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NOTES	

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