



Serenity

1

How do you think the fish in the picture on pages 24 to 25 of the EMOTIONARY are feeling? Choose the correct words, then explain why.

comfortable

worried

nervous

calm

serious

uncomfortable

sad

peaceful

Sample answer: They are feeling comfortable because they are in their natural environment. This makes them feel calm and peaceful, as they are in harmony with their surroundings.

2

What feelings do the fish provoke in you? Underline the words.

Open answer

tranquillity

anxiety

calm

pleasure

nervousness

relaxation

worry

peacefulness

● Do you like the feelings? Why? / Why not?

Open answer

3 Read the definitions of the word **harmony** and write 1, 2 or 3 next to the sentences below.

harmony.

1. an effect created when objects or colours combine well together
2. a situation in which people feel comfortable together
3. a musical sound made by different notes being played at the same time

1 All the furniture in my bedroom is white, and the walls, cushions and curtains are different shades of blue, so there is real harmony in the decoration.

3 In this piece of music there is great harmony between the wind and string instruments.

2 Tabitha is my best friend. We always feel in harmony with each other and like doing the same things.

4 Read the text on page 24 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences below.

F Serenity is a superficial emotion.

T Serene people experience tranquillity and peace.

T Serene people are usually polite.

T Serenity helps you to see things with clarity.

F Serenity is a muscle.

5 Put the letters in the correct order to make the word in the text that means **a special ability**.

R U P O R S E P E W

S U P E R P O W E R

6

In the text it says that you can **exercise** serenity. What does this mean here? Tick the correct meaning.

- to use a power. For example: *The head teacher exercised her authority to get a grant for a new football pitch.*
- to take an animal for a walk. For example: *We have a big dog, so we have to exercise her three times a day.*
- to do a physical activity to stay healthy. For example: *My parents exercise at the gym twice a week.*
- to move or use a part of your body or mind to make it stronger. For example: *When I hurt my knee, the doctor said I should exercise it every morning.*

- Now choose one of the meanings and write a true sentence about yourself.

Open answer

7

Underline the three synonyms of **illuminate** and write a sentence containing each one.

light up

improve

enlighten

extend

brighten

explode

Sample answer:

The lightning lit up the sky.

Your explanation enlightened me.

I really like the colour of your walls. They really brighten your bedroom.

8 Read the text and answer the questions.

Two months ago, I broke my leg. I was furious because I really wanted to go skating. But I had to use crutches so I couldn't. I was sad, as well as angry, and the worst thing was that there was absolutely nothing I could do about it.

Olivia

Now I'm feeling more serene. I've realised that it's not worth getting angry about something you can't change. And what's more, there are lots of other things I can still do.

- How did Olivia feel when she broke her leg?

She was furious.

- How does she feel now?

She's more serene.

- What does she think about how she felt at first?

That it wasn't worth getting angry about something she couldn't change.

- Do you think she is happier now than when she broke her leg? Why? / Why not?

Yes, because she has accepted the situation.

- 9 Read what Max thinks. Then think about four things that stop YOU feeling serene and write them down.

Max

In this house, there is nowhere I can feel calm. If Laura isn't playing the guitar, the dog is barking, or Dad's humming a tune, or there's a traffic jam in the street and everyone is sounding their horn...

Open answer

- 10 Write 'recipes' for recovering your serenity. Follow the model.

Open answer

1. *If there is a lot of noise, I can go and relax in the bath*

