



Melancholy

1

Sit in a quiet place. Write down:

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

Open answer

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

Open answer

- three things you want that seem impossible to achieve.

Open answer

- What do you think you could do to try to achieve the impossible things?

Open answer

2 Read the text on **melancholy** on page 64 of the EMOTIONARY and answer the questions.

- Which emotion is stronger, melancholy or nostalgia?

Melancholy.

- When does melancholy most often strike?

Melancholy often strikes during periods of change.

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

No, because melancholy makes you feel sad.

- What may melancholy cause you to do?

You may forget about the here and now and even feel bored.

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

4

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

I was so bored by the film that I fell asleep on the sofa.

I was so confused by the film that I couldn't understand what was going on.

5

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

6 Tick the situations in which you have felt sadness or sorrow.

Open answer

- 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.

Open answer

- 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.

7 Write down some ways of overcoming **melancholy**.

Sample answer: Do something you enjoy, phone a friend, make a list of things you enjoy doing, talk to someone about how you're feeling...

- 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 → They will get up happily looking forward to new activities and challenges.

someone who is lazy → They won't be very happy about going back to school, and will find it difficult to get out of bed.

someone who is melancholic → They will think about what a lovely summer they have had and be sorry it has finished.

someone who is nervous → They will double-check they have everything they need, so they don't forget anything.

someone who is easily frightened → They won't be keen on going back to school in case anything bad happens.

- 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?

Open answer

melancholy

euphoria

fear

sadness

curiosity

tension

enthusiasm

joy

serenity



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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