



# Excitement

## 1

Look at the picture on pages 68 to 69 of the EMOTIONARY and answer the questions.

- What is the cat looking at?

Sample answer: The cat is looking at the clouds.

- What do you think it is waiting for?

Sample answer: The cat is waiting for the clouds to turn into fish, so it can eat them.

## 2

Write down three things that you get excited about.

Open answer

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

Open answer

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

- Excitement is the anticipation that we feel **when something we want is coming soon**.
- Excitement is an ingredient which makes life more **tasty**.
- Practically anything can **make us excited**.

**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          |

**6** 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?

Anticipation.

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

excitement > excited exciting unexciting  
to excite excitable

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

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

M O B R O E D → B O R E D O M

L E D S U L N S → D U L L N E S S

9 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!

NICK

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

Probably. She has to work hard at school.

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

No, Nick’s dream won’t be fulfilled, because he is a human, not a horse.

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

Open answer

- 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.

Dreams that can be fulfilled	Dreams that can’t be fulfilled
Open answer	

10

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?

Open answer

11

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

- celebrating your grandma's birthday

Open answer

- moving house

Open answer

- going on a school trip

Open answer

