



# Sadness

## 1

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      tears      loss      emptiness  
shock      satisfaction      sorrow      sleepiness

Sample answer: crying, upset, unhappy...

**3** Read the definitions and complete the crossword puzzle with words from the text on page 30 of the EMOTIONARY.

					2												
1	M	O	O	D													
5	A	P	P	E	T	I	T	E									

- 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

8 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.

9 **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**.

TOCSONALION  
CONSOLATION

# 11

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

Open answer

