



Remorse

1 Choose the word from each pair which is connected to **remorse**.

discomfort / comfort

peace / unease

● Now tick the sentence which explains what causes remorse.

Remorse appears when we realise that we haven't taken advantage of an opportunity.

Remorse appears when we realise that we have done something wrong.

2 Say which of these people might feel **remorse**, and explain why.

Tim

I got up late. I had promised my son that I would take him to the park this morning so he could feed the swans. But we don't have time to go.

Grace

I got up really late today. I really needed to catch up on my sleep. I still haven't done my homework, but it's Saturday, so I've got all afternoon to do it.

Tim feels remorse because he wishes he had got up earlier to take his son to the park as he had promised to do.

3 Find words and phrases in the text on page 34 of the EMOTIONARY for the definitions below.

- To muddle up → confuse
- Producing the desired effect → effective
- A feeling of not being at ease → discomfort
- When you can't stop thinking about something → gnaws away

4 Find a sentence in the text which talks about **obsession** and write it below.

Remorse doesn't allow you to think about anything else apart from the bad thing you did.

5 Tick the things which form part of **remorse**.

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> wrongdoing | <input type="checkbox"/> regret |
| <input type="checkbox"/> discomfort | <input type="checkbox"/> loss of opportunity |
| <input type="checkbox"/> theft | <input type="checkbox"/> denial |

● Now write down the things from Activity 5 which form part of **regret**.

Regret, discomfort, loss of opportunity.

6 In the text on page 34 of the EMOTIONARY, it says that regret is an uncomfortable feeling. **Uncomfortable** is the same as 'not comfortable'. Underline the words where **un-** is used to make the opposite of a word.

underwear

untidy

unit

untrue

unzip

university

unbelievable

unafraid

unpack

universal

unify

unbearable

union

unhappily

understand

7 Tick the situations in which someone has adopted an **effective** strategy.

- Finn decided to study for a short time every day. In the end, he passed all his exams.
- Louisa put some flour in a jar to stop the insects getting in. When she checked yesterday, it was full of little bugs.
- Lily put little stickers on the fridge with all the words she needed to learn in French. Now she knows them all.
- Max copied Lily's strategy, but hasn't managed to learn any of the words.

8 In the text on page 34 of the EMOTIONARY, it says that **remorse** doesn't allow you to think about anything else apart from the bad thing you did. Have you ever felt like that? What had you done?

Open answer

9 Write a note to someone apologising for something you have done wrong. Then give it to them.

Open answer

10 Now think and answer the questions below.

● How did you feel before you apologised?

Open answer

● How do you feel now?

Open answer

