



# Nostalgia

**1** Write down the names of three people you miss during the school holidays.

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**2** Write down the names of two places you have been to and would like to visit again.

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**3** Look at the two swings and the two dogs from the picture on pages 62 to 63 of the EMOTIONARY.

● Are they the same? If not, what is different about them?

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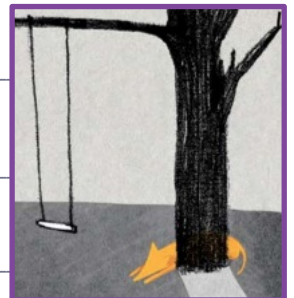
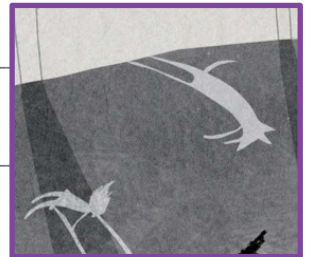
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● Which ones do you like best? Why?

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**4** Read the text about **nostalgia** on page 62 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences below.

- Nostalgia is a kind of sorrow.
- Nostalgia is an empty feeling that makes us feel happy.
- Nostalgia strikes when we are missing someone.
- Nostalgia makes us feel happy when we remember something.
- When we feel nostalgic, we miss people, things or places.

● Now correct the false sentences.

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**5** Circle the correct definition of **nostalgia**.

1. a sadness caused by bad things happening to others
2. a sadness caused by memories of happy times
3. a deep, permanent sadness
4. a sadness produced by negative feelings
5. a deep feeling of sadness plus a loss of interest in things you used to enjoy

● Now match the other definitions with the feelings below.

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|----------------------|----------------------|
| ● melancholy → _____ | ● bitterness → _____ |
| ● compassion → _____ | ● depression → _____ |

6 How would you describe a person who is feeling **nostalgic**? Look at the nouns below and write the related adjectives.

- *nostalgia* → *nostalgic*
- *sadness* → .....
- *depression* → .....
- *bitterness* → .....
- *compassion* → .....
- *melancholy* → .....

7 Complete the sentences with the words you have written in Activity 6.

- My daughter, Nadya, worries about children in other countries who don't have enough to eat. She is very .....
- Since Denis's wife died, he's lost interest in everything. He's very .....
- Oliver is a bad loser. His envy towards his brother (because his brother won a race) is making Oliver feel .....
- Laura is ..... because her grandma is going home today. But she'll soon get over it.
- Ryan has been feeling very ....., thinking about what a great time he had at the beach last summer.
- Sarah's feeling of nostalgia isn't going away. She's been ..... for ages now.

8 Read what Claire says and answer the questions.

Claire

Today I opened the box where I keep all my special things, and I found some photos from when I was little. What great times I had 40 years ago! I can remember walking along the beach and the smell of the sea. I can remember collecting snails – and I can even remember the names of all my childhood friends. When I started thinking about those times, I got a bit sad. But then I thought, ‘How lucky I was to be able to enjoy those lovely summers by the beach.’

Was Claire feeling nostalgic? What for?

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How did she deal with her feelings of nostalgia?

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How did she feel in the end?

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9 Do you think there is anything positive about **nostalgia**?

- No, because it’s really sad not to be able to be with the person you want to be with.
- Yes, because it teaches you that you’re lucky: you have had things and people in your life that have made you very happy.

**10** Write down five things you miss about the summer when it's winter.

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**11** Write down five things you miss about the winter when it's summer.

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**12** Write down all the things that the word **nostalgia** makes you think about.

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