



Nostalgia

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

Open answer

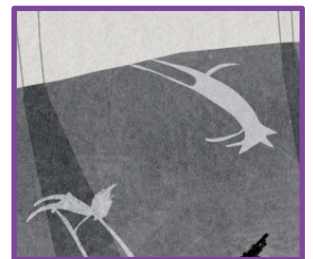
- 2** Write down the names of two places you have been to and would like to visit again.

Open answer

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

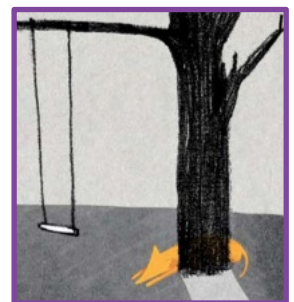
- Are they the same? If not, what is different about them?

We can see the shadow of a girl on a swing; the other swing is empty. We can see the shadow of a dog playing. The other dog is lying down.



- Which ones do you like best? Why?

Open answer



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

F Nostalgia is a kind of sorrow.

F Nostalgia is an empty feeling that makes us feel happy.

T Nostalgia strikes when we are missing someone.

F Nostalgia makes us feel happy when we remember something.

T When we feel nostalgic, we miss people, things or places.

● Now correct the false sentences.

Nostalgia creates an empty space in our hearts.

Nostalgia makes us feel sad.

Nostalgia makes us feel sad when we remember something.

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 and 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.

● melancholy → 3

● bitterness → 4

● compassion → 1

● depression → 5

6

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

- *nostalgia* → *nostalgic*
- *sadness* → *sad*
- *depression* → *depressed*
- *bitterness* → *bitter*
- *compassion* → *compassionate*
- *melancholy* → *melancholic*

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 **compassionate**.
- Since Denis's wife died, he's lost interest in everything. He's very **depressed**.
- Oliver is a bad loser. His envy towards his brother (because his brother won a race) is making Oliver feel **bitter**.
- Laura is **sad** because her grandma is going home today. But she'll soon get over it.
- Ryan has been feeling very **nostalgic** 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 **melancholic** 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?

Yes, she was feeling nostalgic for the times she had 40 years ago.

● How did she deal with her feelings of nostalgia?

She realised she'd been very lucky to have those experiences.

● How did she feel in the end?

She felt happy in the end.

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.

Open answer

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

Open answer

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

Open answer



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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