



Melancholy

1

Sit in a quiet place. Write down:

- three things you want that you think you could easily achieve.

- three things you want that you think you could achieve if you made a big effort.

- three things you want that seem impossible to achieve.

- What do you think you could do to try to achieve the impossible things?

2 Read the text on **melancholy** on page 64 of the EMOTIONARY and answer the questions.

● Which emotion is stronger, melancholy or nostalgia?

● When does melancholy most often strike?

● Is melancholy a pleasant emotion? Why / Why not?

● What may melancholy cause you to do?

3 Read the definition of the word **allure**. Then tick the sentence which uses the word correctly.

allure

the quality of being exciting, interesting or attractive.

When Finn invited me round to his house, I couldn't resist the allure of his new puppy. He is so cute!

When I invited Finn round to my house, I was really upset by his allure. But I think that he was just scared of our big dog.

● Now circle the word that you could use instead of **allure** in the sentence where it is used wrongly.

charm

rejection

temptation

appeal

4 What does **absorbed** mean? Tick the correct answer.

- bored
- immersed
- confused

● In which sentence below is the word **absorbed** used correctly? Tick the correct answer.

- I was so absorbed in the film that I fell asleep on the sofa.
- I was so absorbed in the film that I couldn't understand what was going on.
- I was so absorbed in the film that I didn't hear my dad say that dinner was ready.

● Now rewrite the sentences which use **absorbed in** wrongly and replace the words with the ones below:

confused by *bored by*

5 Underline the word or expression which means the opposite of the first one. Be careful – one of them has two opposites!

- *far away* → distant nearby in the past
- *come to an end* → stop break up make a start
- *the here and now* → the past the future the present

6 Tick the situations in which you have felt sadness or sorrow.

- at the end of a lovely day on the beach
- after playing in a match or sports competition
- after a weekend at your grandma's house
- when a friend goes home after playing at your house

● Why do you think you feel this sorrow? Tick the correct reason.

- Because I'll never be able to relive the day.
- Because all good things have to come to an end.
- Because, after doing something nice, I have to do something I don't want to do.

7 Write down some ways of overcoming **melancholy**.

8 Write down how you think the people below would behave in the following situation.

The summer holidays are over. Tomorrow we go back to school.

someone who is optimistic → _____

someone who is lazy → _____

someone who is melancholic → _____

someone who is nervous → _____

someone who is easily frightened → _____

9 Now imagine that you are in the same situation (the summer holidays are over, and tomorrow you go back to school). Which emotions would you feel?

melancholy

euphoria

fear

sadness

curiosity

tension

enthusiasm

joy

serenity



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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