



Euphoria

1 Look at the picture on pages 72 to 73 of the EMOTIONARY and answer the questions.

● Why do you think the animals are so happy?

● What do you think they are celebrating?

2 Underline the names of the animals that appear in the picture on pages 72 to 73 of the EMOTIONARY.

parrot toucan hippo monkey lion panther

elephant flamingo okapi giraffe tiger hyena

3 Draw another two animals who have come to join the party.



4 Read the text on page 72 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences below.

- Euphoria gives you strength.
- Euphoria helps you to face bad situations.
- When you are euphoric, you feel bad.
- Euphoria allows you to rise to any challenge.
- Euphoria makes you see things in a positive way.

5 Match each word to its meaning.

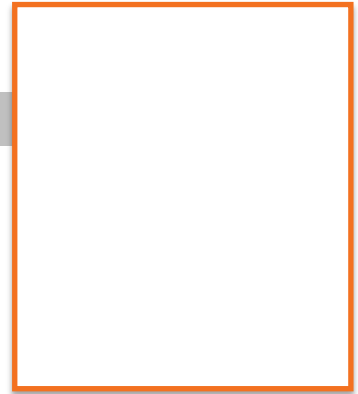
- adversity something that requires a lot of effort
- well-being a difficult situation
- challenge the state of being healthy and happy

6 Now complete the sentences using the words from the previous activity.

- Hayley loves that sense of _____ when she comes home from school in the winter, makes herself a hot drink and snuggles up on the sofa.
- Malik's football team is playing against the best team in the league this weekend but his coach has taught him never to give up in the face of _____, so he is going to play to win.
- Craig really likes a _____ – that's why he has entered the school judo competition, even though there are some really good competitors.

7 Read the sentence and draw the glass.

Be careful! That glass is overflowing!



- What does the above sentence mean?
 - The glass is full to the top.
 - The glass is breaking.
 - There is too much liquid in the glass and it's going over the sides.

- It says in the text on page 72 to 73 of the EMOTIONARY that euphoria is **an overflowing of positive energy**. What does this mean?
 - You have so much energy that you can't keep it in.
 - You have so much energy that it escapes and disappears.
 - You don't know how to measure the energy you have.

8 Complete the sentences using the right adjective.

pessimistic optimistic

- Katie always sees the positive side of things. If it starts raining, she says, 'The sun will come out soon.'
- Katie is _____.
- Esther always sees the negative side of things. If it starts raining, she says, 'It's never sunny. What a shame!'
- Esther is _____.

9 Do you think you are pessimistic or optimistic? Give an example.

10

 Read the situation and answer the questions.

Lucy and Georgie are making a raft out of recycled materials. They are using plastic bottles to make it float and they are going to put a sheet of plastic on top to sit on. They've been making it for a long time and they are sure it is going to work. Finally, they put it in the water.

- The first problem they have is that, when the sticky tape they have used to hold it all together touches the water, it stops being sticky. Georgie is **euphoric**. Tick what he says.

Oh, no! It doesn't work! How annoying!

It doesn't matter! Let's stick it back together with glue.

- Later, Lucy tries to climb on to the raft but it sinks at one side. Georgie is still **euphoric**. What does he say?

We need to stick on some more plastic bottles.

Get off, Lucy. This raft is never going to float.

- How does Georgie react to adversity? Tick the correct boxes.

He gives up immediately.

He doesn't give up.

He's optimistic.

He's realistic.

11

 Think about what you say when you are feeling **euphoric**, and write it down below.

12

What are the characters in the picture on pages 72 to 73 of the EMOTIONARY saying? Write your answers in the speech bubbles.



Speech bubble with two horizontal lines for writing.

Speech bubble with two horizontal lines for writing.



Speech bubble with two horizontal lines for writing.

