



# Enthusiasm

**1** Look at the picture on pages 70 to 71 of the EMOTIONARY and answer the questions.

- What do you think the characters are doing?

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- Do you think they are enjoying themselves? Why?

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**2** Choose four words and use them to describe what is happening in the picture on pages 70 to 71 of the EMOTIONARY.

dance cage fly prison kite birds  
freedom joy break crime tension string

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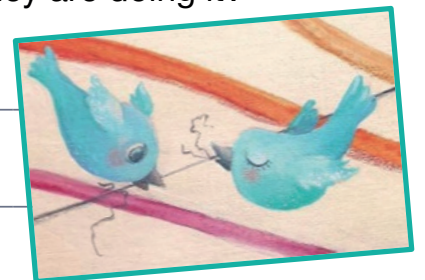
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**3** What are these two birds doing? Why do you think they are doing it?

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**4** Read the text on page 70 of the EMOTIONARY and tick the correct answers.

● What do you feel when you feel **almighty**?

- ☐ You feel as if you have a lot of energy.
- ☐ You feel as if you are capable of doing anything.
- ☐ You feel as if you can do some things well.

● What effect does **enthusiasm** have on you?

- ☐ It makes you feel peaceful.
- ☐ It makes you sing and dance.
- ☐ It makes you get up and do things.

● When rhythm **gathers pace**, what does it do?

- ☐ It gets faster.
- ☐ It gets slower.
- ☐ It gets louder.

**5** **Gather** means ‘to accumulate or bring together’. Choose three things below and write four sentences with **gather** and the words you have chosen.

mushrooms   dust   speed   clouds   information   stickers

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In the text on page 70 of the EMOTIONARY it says that enthusiasm is an energy that **spurs you into action**. What does this mean? Tick the correct meaning.

- ☐ to make something impossible
- ☐ to make something possible
- ☐ to encourage you to do something

● Underline the words that mean the same as **spur**.

encourage   hold back   urge on   push   prevent

7

Imagine that you are going to be in a school concert tomorrow and you have to practise the piece of music you are going to play on your guitar. You are feeling tired. Tick the situation below which would spur you into action.

- ☐ Thinking that practising this evening won't make much difference to your performance.
- ☐ Thinking that you really want to do it well for your family.
- ☐ Thinking that you would rather be out playing with your friends.

● What other things would **spur** you **into action** in this situation?

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● Write a sentence with the phrase **spur into action**.

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**8** Read the activities below. Imagine yourself doing them. Then order them from the one you would least like to do **(1)** to the one you would most like to do **(6)**.

- ☐ Build a raft with planks of wood.
- ☐ Roll down a sand dune.
- ☐ Stroke an elephant.
- ☐ Glide over the waves on a surfboard.
- ☐ Build a snowman.
- ☐ Go on a helicopter ride.

**9** Imagine that you have to convince a friend to do the activity you liked most in Activity 8 with you.

- What is it about this activity that excites you?

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- Try to convey your enthusiasm to your friend. Look at the example.

You have to come with me to stroke the elephants. Just imagine how you would feel! It would be a really cool thing to do!

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**10** Read the **Enthusiasm Song** and invent a tune and a dance to go with it.

**Listen to my Heart**

My heart is beating fast.

My heart is beating faster.

Its beat is like a storm.

I can feel it in my .... arms!

It's rushing up and down my ... legs!

It's rushing through my ... fingers!

Rising, rising, rising!

Beating, beating, beating!

Shouting, shouting, shouting!

I can hear my heart!

**11** Now write your own **Enthusiasm Song**.

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## NOTES

[illegible]

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.emotionary.eu](http://www.emotionary.eu)