UP English Center

Name: _____

Class: _____

1. Look at the pictures and read the definitions carefully. Match each definition to the correct picture.








A. A structure built to remember an important person or event.

B. An object made of stone, metal, or wood by an artist.

C. A large, luxurious house where a King or Queen lives.

D. A holiday on a large boat travelling from place to place.

E. A group of similar things that someone collects as a hobby.

F. A large building with high walls, built in the past for protection.

2. Read the text below and match the key vocabulary words with their correct definitions.

Exploring the Quiet Side of Human Emotion

LIVEWORKSHEETS

Human emotions are complex. We often talk about basic feelings like joy, anger, or sadness. However, there are more subtle emotional states that play a significant role in our mental well-being: nostalgia and serenity.

Nostalgia is often misunderstood as simple sadness about the past. In reality, it is a complex, bittersweet emotion. Psychologists suggest that nostalgia is actually a positive psychological tool. When people experience nostalgia—by looking at old photographs or hearing a familiar song—they are not just dwelling on the past. Instead, they are strengthening their sense of identity. It reminds individuals of where they have come from and the connections they have built over time. Far from being a negative state, nostalgia provides a sense of comfort and continuity in an ever-changing world.

On the other hand, serenity represents a state of being mentally and emotionally calm. Unlike "happiness," which is often an intense and temporary spike in mood caused by excitement, serenity is a stable, long-lasting state of inner peace. It is the ability to remain balanced even when the environment is chaotic or stressful.

Achieving serenity does not mean having no thoughts; rather, it means observing one's thoughts and emotions without being controlled by them. It is often linked to practices like mindfulness, meditation, or simply taking time to disconnect from the digital world.

In summary, both nostalgia and serenity are essential for a balanced life. Nostalgia helps us value our history, while serenity helps us navigate the present with clarity. Understanding these concepts allows individuals to manage their mental states more effectively and appreciate the quiet, reflective moments that define the human experience.

LIVEWORKSHEETS

Word	Definition
1. Bittersweet	**A.** The fact that things keep going without stopping.
2. Nostalgia	**B.** The ability to stay calm even when the world is chaotic.
3. Continuity	**C.** Being able to keep your mind balanced and quiet.
4. Mindfulness	**D.** A feeling that happens when you think about the past.
5. Serenity	**E.** Something that is both happy and a little sad at the same time.

3. Rewrite the following direct questions into indirect questions.

1. Where is the nearest pharmacy?

_____

2. What time does the last bus leave?

_____

3. Did he finish the project on time?

_____

4. Why are they laughing at me?

_____

5. How much does this laptop cost?

_____

LIVEWORKSHEETS

4. Choose the best answer to complete each sentence.

1. You _____ (must / mustn't / don't have to) touch that wire; it's very dangerous and you could get an electric shock.
2. We _____ (shall / need to / needn't) leave now, or we will definitely be late for the meeting.
3. It's a very hot day. You _____ (should / shouldn't / must) wear a heavy jacket when you go out.
4. I _____ (needn't / don't have to / must) go to school today because it is a public holiday.
5. _____ (Shall / Ought to / Must) I help you with those heavy bags?

5. Look at the picture carefully and write sentences using so...that or such... that.





LIVEWORKSHEETS





6. Describe the house you lived in when you were a child. In your writing, you should write:

- what the house was like
- who lived there
- what you used to do there
- what your childhood was like
- what you miss most about it

LIVEWORKSHEETS

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