

MIX AND MATCH - THE FOUR HUMOURS

Teacher notes

The following information about the four humours is provided on cards below. Pupils have to try and match them up without reference to their work. They can suggest which characteristic they think best applies to them.

autumn

easily angered, bad tempered

choleric

phlegmatic

despondent, sleepless

winter

courageous, hopeful, amorous

calm, unemotional

blood

air

sanguine

summer

fire

earth

melancholic

yellow bile

black bile

water

spring

phlegm