



# Guilt

**1** **Guilt** is what you feel when you do something wrong that causes harm or damage. Read the following situations, then put the numbers **1** to **6** in the correct column.

1. Peter accidentally drove through a red light and knocked down a pedestrian.
2. Susannah tripped over a rock and fell to the ground.
3. A bolt of lightning struck a hiker as he was walking through the countryside.
4. Max left the door open and the cat escaped.
5. The motorcyclist skidded off the road because it was icy.
6. Jamie jumped out from behind the sofa to give his sister a shock. She started crying.

harm/damage caused by people	harm/damage caused by something else
1	

● Now say which of the things that happened were accidental and which were done on purpose.

accidental → \_\_\_\_\_

on purpose → \_\_\_\_\_

**2** Read the text on page 36 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences.

- We feel guilty when we believe we have done something wrong.
- Guilt helps us to decide if our behaviour is right or wrong.
- Guilt is something that comes from others, not yourself.
- Guilt is an external voice.

**3** Read what Ruth has done today and underline the things she did wrong in red, and the things she did right in blue.

This morning, my mum cooked me an egg for breakfast, but I don't like eggs, so I gave it to the dog when she wasn't looking. Then my sister, Susannah, wanted to play with me, but I refused, even though she asked me six times. But then I thought 'What if one day I want to play with her?', so even though I didn't feel like it, we played together and in the end we had a brilliant time.

Ruth

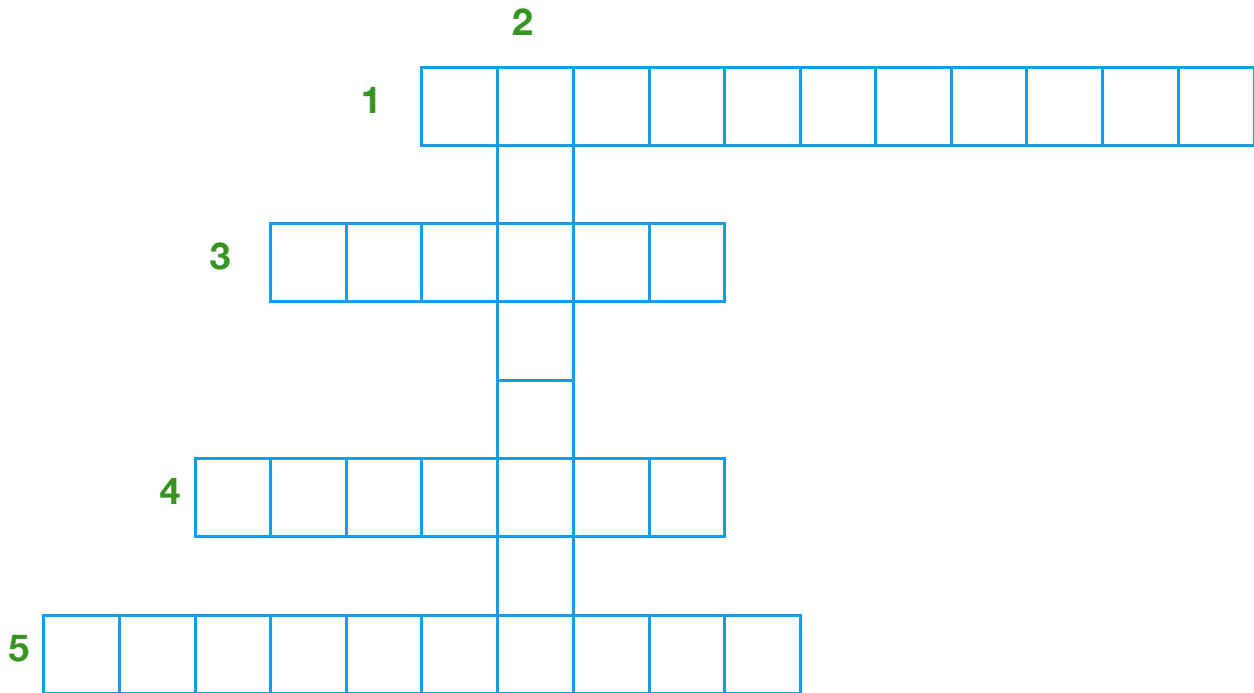
**4** Complete the sentences using words from the **guilt** family.

guilt >      guilty      guiltless      guiltily      guilt-ridden

- Anna was \_\_\_\_\_ after breaking her brother's favourite toy when he shouted at her.
- He was found \_\_\_\_\_ of the crime.
- \_\_\_\_\_ means the same as 'innocent'.
- She crept \_\_\_\_\_ downstairs and opened the fridge as quietly as she could.

5

Complete the crossword using words from the text on page 36 of the EMOTIONARY.



1 to be in control of your actions

2 to judge an action

3 to act in a particular way

4 an instrument that shows direction

5 your internal moral sense of right and wrong

6

In the text on page 36 of the EMOTIONARY it says that guilt creeps in when we believe we have done something wrong. What does **creep in** mean? Tick the correct definition.

**To creep in**

- to try to get away
- to gradually start to be noticeable
- to take over your mind

7 Write down three occasions when you have felt **guilty**.

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● What harm or damage did you cause?

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● Were you punished on any of these occasions? If so, what was your punishment?

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● Did you do anything to put right the harm or damage you had done? If so, what?

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8

Look at the picture on pages 36 to 37 of the EMOTIONARY and answer the questions.

● What do you think the metal ball represents?

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● What will happen if the ball isn't removed?

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● How could the boat get rid of the ball?

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9

Draw a picture of the boat after it has freed itself from the ball.





# Guilt

## NOTES

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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](http://www.palabrasaladas.com/f/emo_eng.html)