



# 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	2
4	3
6	5

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

accidental → 1, 2, 3, 4, and 5

on purpose → 6

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

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

Ruth

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.

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

guilt >      guilty      guiltless      guiltily      guilt-ridden

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



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

Open answer

- What harm or damage did you cause?

Open answer

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

Open answer

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

Open answer

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

- What do you think the metal ball represents?

Sample answer: The metal ball represents guilt: guilt is weighing the boat down and preventing it from moving on.

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

Sample answer: The weight of the ball will sink the boat..

- How could the boat get rid of the ball?

It would have to free itself from the ball.

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



Open answer

