



Discouragement

1

Look carefully at the picture on pages 74 to 75 of the EMOTIONARY and answer the questions below.

● What animal can you see? How do you think he feels?

● Do you think he is tired? How can you tell?

● Do you think he is going to carry on or give up? Why?

● How does the picture make you feel?

2

Have you ever felt like the tiger and thought that you wouldn't be able to achieve a goal? When? Write about it.

3 Read the text on page 74 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences below.

- Discouragement occurs when we lack the courage to carry on with something.
- When we are discouraged, everything seems easier.
- If we are discouraged, we feel like giving up.
- When we are discouraged, our goals seem closer.

4 How do we feel when we are **discouraged**? Tick the boxes.

- tired
- angry
- disorientated
- far away from our goals

5 Read the three definitions of the word **goal** and write the numbers next to the correct sentences below.

goal

1. something you are trying to do or achieve
2. the area you kick a ball into to score points
3. what footballers try to score in a football match

- We made the goal area by putting our coats on the grass.
- Liverpool won by six goals to one.
- My goal this year is to pass my maths exam.

● Write a sentence using definition number 1.

6 Complete the sentences using words from the **courage** family.

courage > encourage discourage encouragement discouraging

- I've been trying to do this puzzle for ages, but I keep getting it wrong. It's really _____.
- I don't want to _____ you, but that race is very long. Have you trained for it?
- Sophie was competing in the final, so we all went along to _____ her.
- I never receive any _____ from my brother. He's always criticising me.

7 Underline the words that mean the same as **achieve**.

complete abandon reach accomplish bring about realise

- Circle the word above which means the opposite of **achieve**.

8 Tick the sentences that are correct.

- I try lots of different things; I achieve as much as I can.
- My sister abandoned the race. She achieved her goal.
- It's good to try to achieve things that aren't easy.

9 Read what has happened to Michael and answer the questions.

I'm halfway up Mount Impossible and it's boiling hot. A couple of kilometres back, I thought I could get to the top... But now my legs feel really heavy and I'm sweating so much. My goal seems to be getting further and further away. I don't think I can make it. I just want to get off my bike and rest.

Michael

● Is Michael discouraged? How can you tell?

● Is Michael's goal further away now than it was two kilometres back? How does Michael feel?

● Do you think that Michael will give up? Why? / Why not?

10 Write sentences to encourage Michael.

11 Write down three things that you didn't know how to do when you were two years old. (You can ask an adult if you want to.)

12 Write down three things that you didn't know how to do a year ago.

13 Read these sentences. They are things we say when we are feeling **discouraged**. Make the sentences sound more encouraging – like the first example.

● I can't do it.

I can't do this exercise right now. I'll try again later.

● I'll never be good at maths.

● I can't ride a bike and I'll never be able to.
