



# 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?

A tiger. He looks sad.

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

Yes. His head is hanging down.

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

He looks like he is going to give up. He doesn't seem to have much energy.

- How does the picture make you feel?

Sample answer. It makes me feel tired and sad.

## 2

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

Open answer

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

**T** Discouragement occurs when we lack the courage to carry on with something.

**F** When we are discouraged, everything seems easier.

**T** If we are discouraged, we feel like giving up.

**F** 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

**2** We made the goal area by putting our coats on the grass.

**3** Liverpool won by six goals to one.

**1** My goal this year is to pass my maths exam.

● Write a sentence using definition number 1.

Sample answer: My sister's goal is to get better marks than me.

**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 **discouraging**.
- I don't want to **discourage** you, but that race is very long. Have you trained for it?
- Sophie was competing in the final, so we all went along to **encourage** her.
- I never receive any **encouragement** 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?

Yes. I can tell because he says that his goal seems to be getting further and further away and he doesn't think he can make it.

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

No, it's closer. But he feels that it is further away.

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

Yes. Because he is discouraged.

**10** Write sentences to encourage Michael.

Sample answer: Come on, Michael! You can do it!

There isn't long to go now!

You'll feel great when you've done it.

**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.)

Open answer

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

Open answer

**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 find maths difficult but, if I try hard, I'm sure I'll get better.

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

I think I'll ask my cousin to teach me to ride a bike.

