



Frustration

1

Look carefully at the picture on pages 78 to 79 of the EMOTIONARY and describe what is happening.

Sample answer: There's a monkey wearing a strange hat standing on top of a metal structure. He looks very angry.

2

Now answer the questions about the picture.

- What is the character trying to do?

Sample answer: Maybe he's trying to get into the structure.

- Do you think he will manage to do it?

Sample answer: Probably not. It looks difficult.

- How does he feel?

Sample answer: Very annoyed.

- Why do you think he feels that way?

Sample answer: Because he knows that he probably won't be able to do it.

- What do you think he should do?

Sample answer: He should try to control his anger and go and look for help.

3

Read the situations and decide what might lead to **frustration** in each case.

- Joanna is seven years old. She wants to see a film that is for over-eighteens. **Sample answer:** She might not understand that she isn't old enough to get in to see the film
- Jack wants to go to the amusement park on Sunday. **Sample answer:** His parents might have planned something else for that day.
- Muhammed wants to organise a football match with his friends. **Sample answer:** They might not find anywhere to play.
- Laura wants to go to a concert where her favourite singer is performing. **Sample answer:** There might not be any tickets left.

4

Read the situations and decide what has led to **frustration** in each case. Write **OL (own limitation)**, **LO (limited by others)** or **W (weather)**.

W Olivia went sailing with her parents, but they had to come back early because of the rough seas.

OL Molly isn't flexible enough to be in the rhythmic gym team.

LO Freddie can't carry on with his piano classes because they aren't offering them at school any more.




LO Alfie didn't get a place on the drama course because fewer places are available.

W Thomas didn't enjoy the plane journey because of the turbulence.

5 You might feel frustrated if you can't **take part in** a competition. What does **to take part** mean? Explain the meaning, then write a sentence using the expression.

Sample answer: To take part means to participate. I took part in a charity run at school last month.

6 Match the words to their definitions.

- | | | |
|--------------|---|-------------------------------|
| ● to prevent |  | to cause something to happen |
| ● to provoke |  | to succeed in doing something |
| ● to achieve |  | to stop something happening |

7 Complete the sentences using words from Activity 6.

- The sad film **provoked** tears in all of us!
- The bad weather **prevented** us from going to the zoo.
- She **achieved** top marks in all her exams.

8 Noah's grandad didn't buy him the bubble-blowing machine he wanted. What can he do to get over his **frustration**?

Sample answer: He can make one using a piece of wire; He can ask for one for his birthday or for Christmas; He can save up for one.

9 Try the Frustration Experiment! Lie down on your bed and stretch out completely. Now try to get off the bed without moving your legs or sitting up. You have three chances. Make sure there is an adult with you!

● Did you manage to do it?

Open answer

● How did you feel?

Open answer

● Ask an adult to try to do it. Did they manage to do it? How?

Open answer

10 Tick the things in the list that you can't do. Open answer

Lick your elbow.

Flare your nostrils.

Raise one eyebrow.

Separate your little finger and the one next to it from your other fingers.

● Do you know anyone who can do any of these things? Who?

Open answer

11

Being able to deal with **frustration** is important, because things don't always work out the way we want them to. You can learn how to do this.

- Write a list of your own limitations. For example: *I can't go on some fairground rides because I'm not tall enough.*

Open answer

- How can you overcome the frustration provoked by these limitations? For example: *I just have to think that, even though I'm not tall enough at the moment, I'll soon grow.*

Open answer

- Do one thing every day that you don't feel like doing. You might want to do it at the same time each day in order to get used to it. Write down the things you have decided to do.

Open answer



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NOTES

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