



Frustration

1

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

2

Now answer the questions about the picture on pages 78 to 79 of the EMOTIONARY.

- What is the character trying to do?

- Do you think he will manage to do it?

- How does he feel?

- Why do you think he feels that way?

- What do you think he should do?

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.

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- Jack wants to go to the amusement park on Sunday.

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- Muhammed wants to organise a football match with his friends.

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- Laura wants to go to a concert where her favourite singer is performing.
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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)**.

- ☐ Olivia went sailing with her parents, but they had to come back early because of the rough seas.
- ☐ Molly isn't flexible enough to be in the rhythmic gym team.
- ☐ Freddie can't carry on with his piano classes because they aren't offering them at school any more.
- ☐ Alfie didn't get a place on the drama course because they have reduced the number of places this year.
- ☐ 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.

- 6 Match the words with 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 with words from Activity 6.

- The sad film _____ tears in all of us!
- The bad weather _____ us from going to the zoo.
- She _____ 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**?

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 got three chances. Make sure there is an adult with you!

● Did you manage to do it?

● How did you feel?

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

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

☐ Lick your elbow.

☐ Flare your nostrils.

☐ Raise one eyebrow.

☐ Separate your little finger and the one next to it from the rest of your fingers.

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

11

Dealing with **frustration** is important because things aren't always going to 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.

- 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.

- 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 do.



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NOTES

[illegible]

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.emotionary.eu