



Disappointment

1

Look at the picture on pages 76 to 77 of the EMOTIONARY and answer the questions.

- Where do you think the fox has come from?

- Why do you think he has come here?

- What did he find when he got here?

- Can he do what he planned to do? Why? / Why not?

2

What do you think the fox is thinking at the moment?



3 Read the text on page 76 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences.

- ☐ Disappointment is a good feeling.
- ☐ We feel disappointed when we find out that something we were happy about isn't true.
- ☐ We feel disappointed when people live up to our expectations.
- ☐ It's possible to get through life without ever being disappointed.

● Now correct the false sentences.

4 What do surprise and **disappointment** have in common? Write your answer below.

5 What does **to live up to** mean? Underline the words that mean the same.

to satisfy

to be better than

to match

to be as good as

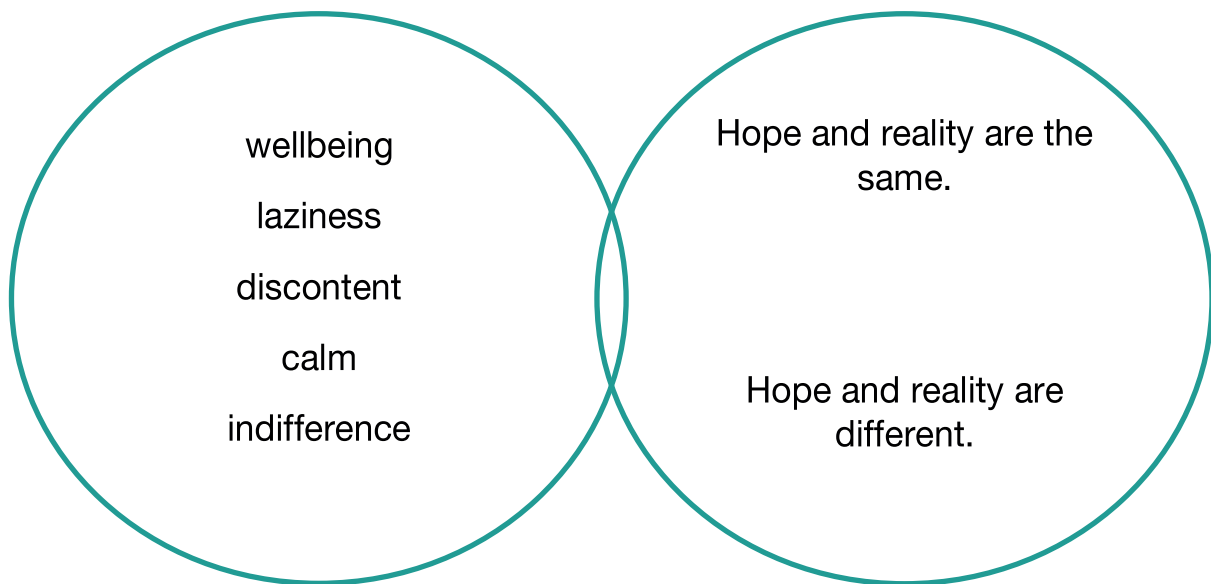
to be worse than

● Tick the sentence where **live up to** is used correctly.

- ☐ The ice cream looked delicious. When I tried it, it lived up to all my expectations: it was amazing!
- ☐ The ice cream looked delicious but then it lived up to my expectations and I had to throw it away.

6 How do we feel when we experience **disappointment**?

7 Circle a word from the first circle and a sentence from the second which are related to **disappointment**.



8 Now say why the fox in the picture on page 76 to 77 of the EMOTIONARY is **disappointed** – relate your answer to the things you circled in Activity 7.

- 9 Ask two grown ups who know you well to tell you about a time when you experienced **disappointment**. Complete the information for each story.

Disappointment 1	
What did I believe at the beginning?	
How did I find out the truth?	
How did I react?	
What did I learn from the experience?	

Disappointment 2	
What did I believe at the beginning?	
How did I find out the truth?	
How did I react?	
What did I learn from the experience?	

10

The fox in the picture on pages 76 to 77 is **disappointed** because he hasn't been able to do what he wanted to do. What can he do now? Offer him alternatives.

11

In the situation depicted on pages 76 to 77 of the EMOTIONARY, the fox isn't the only one affected. Answer the questions.

- Who else is suffering from the lack of water?

- Who is the most affected by the situation?

- Can the fox do anything to help the frogs? If so, what?

- What can the fox learn from this situation? Why?



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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