



Helplessness

1

Look at the pictures on pages 58 to 59 of the EMOTIONARY and answer the questions.

● What animal can you see?

A deer.

● Do you think there were other animals with him before? Why?

There might have been, because there are other beds in the wood.

● How do you think he feels? Tick the boxes.

sad

guilty

happy

lonely

vulnerable

confused

calm

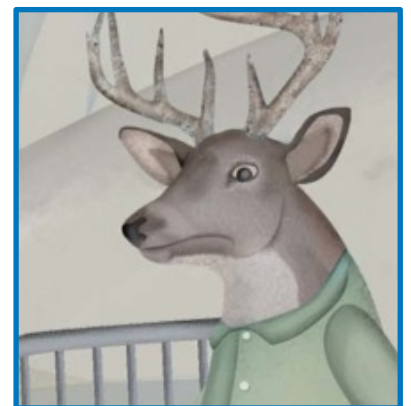
peaceful

surprised

2

What do you think the deer is going to do next? Write down your answer.

Sample answer: Once he gets over feeling vulnerable, he might get up and have a look around to see if there are any other animals in the wood.



3 Read the text about **helplessness** on pages 58 to 59 of the EMOTIONARY and write **T (true)** or **F (false)** next to the sentences below.

- T Helplessness is a feeling of being unprotected.
- T Helplessness is a sad sensation.
- F Nobody tries to help someone who is feeling helpless.
- F When your friends support you, you feel helpless.

4 Underline the word in each group which means the same as the first word.

- happen → imagine occur wait protect
- support → meet assist escape shake
- abandon → take leave keep shout at

5 What does **backing** mean? Tick the correct box.

- when a person abandons another person
- when a person gives another person support
- when something bad happens to a person
- Match the words containing the word **back** with their meaning.

- ~~backpack~~ in the opposite direction to the one you are facing
- ~~backwards~~ a sudden clear memory of a past event
- ~~paperback~~ a big bag, used to carry things on your back
- ~~flashback~~ a book with a soft cover

6

Read the text and answer the questions.

Marcus is playing in the sand. He's dug a big hole and buried his legs in it. But now he can't get out. He starts crying for help, but his family are sitting further down the beach and can't hear him.

- What's happened to Marcus? Does he need help? Why / Why not?

His legs are buried in the sand. Yes, he needs help because he can't get out.

- What happens when Marcus calls for help? Tick the correct answer?

No one wants to help him.

No one seems to realise what has happened.

His family thinks he should sort out the problem himself.

- Marcus hasn't managed to attract his family's attention. What should he do now? Should he ask other people for help?

No. If his family won't help him, no one else will.

No, he should try to get out of the mess by himself.

Yes, he should ask other people on the beach for help.

- Do you think that Marcus feels **helpless**? Why? / Why not? What would you do if the same happened to you?

Open answer

7 Read the text and answer the questions.

Emily is afraid of an old man who lives in her street. He always wears a dirty old cap and carries a stick. And he laughs in a really scary way. But Emily doesn't want to tell her mum because she thinks she won't take her seriously. After all, her own granddad wears a cap and carries a stick! Emily starts having nightmares about the old man.

- Do you think that Emily feels **helpless**? Why? / Why not?

Yes, because she thinks she can't count on her mum to help her.

- What would you do if you were Emily?

Open answer

- What do you think will happen if Emily tells her mum about her fears?

Her mum will try to reassure her so she doesn't fear the old man any more.

8 Make a list of strangers you see every day. Do you think any of them might feel abandoned or helpless? Circle their names.

Open answer

9

Imagine that the deer on pages 58 to 59 of the EMOTIONARY could write a message. Answer the questions below.

- Do you think he would ask for help? Why? / Why not?

Sample answer: Yes, he probably would ask for help to improve his situation.

- How do you think he got into this situation?

Sample answer: Maybe he used to live in the wood with other animals who have either moved away or who have been caught.

- Who do you think he would write to?

Sample answer: Maybe he would write to his parents.

10

Imagine that you are the deer. Write the deer's message to his parents. What do you think he would say to them?

Open answer

