



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?

Sample answer: From his den.

- Why do you think he has come here?

Sample answer: To sail his boat on the water.

- What did he find when he got here?

Sample answer: That the stream had dried up.

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

Sample answer: No. Because there is no water.

2

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

Sample answer: Oh no! What a shame!

There's no water and I was really looking forward to sailing my boat.



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

F Disappointment is a good feeling.

T We feel disappointed when we find out that something we were happy about isn't true.

F We feel disappointed when people live up to our expectations.

F It's possible to get through life without ever being disappointed.

● Now correct the false sentences.

Disappointment is a horrible feeling. / We feel disappointed when people don't live up to our expectations. / It's practically impossible to get through life without ever being disappointed.

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

Sample answer: We feel both emotions when something happens that we didn't expect.

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 in which **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!

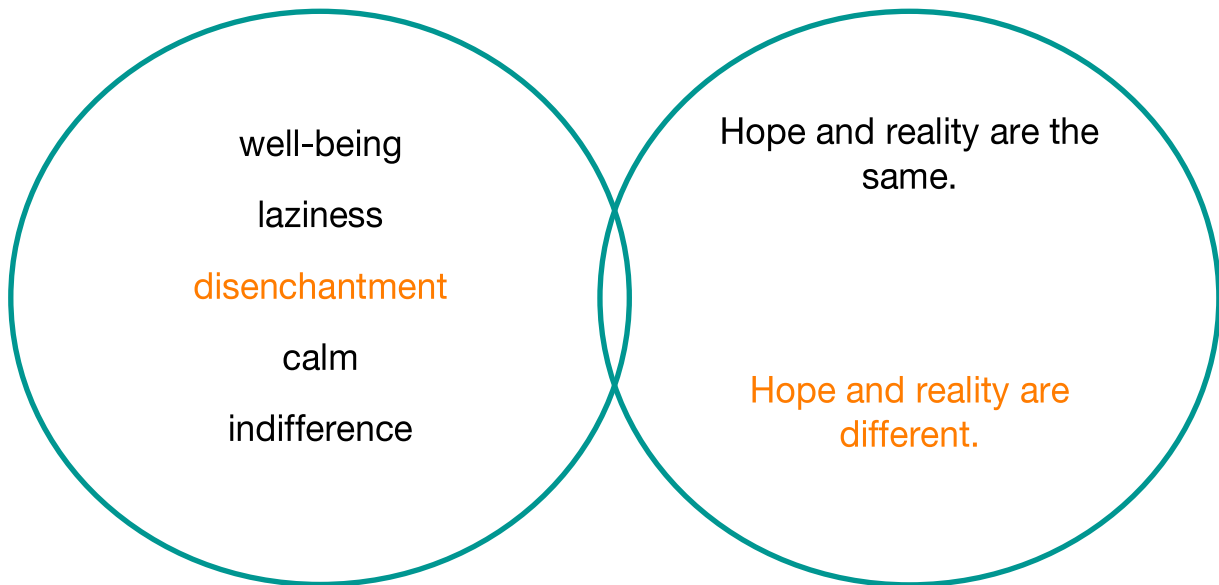
The ice cream looked delicious but then it lived up to my expectations and I had to throw it away.

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

Sample answer: We feel sad, and sometimes a bit angry too.

We wish we could change what has made us feel disappointed.

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.

Sample answer: He feels **disenchanting** because he was hoping to sail his boat on the water, but when he gets to the stream, he realises there is no water to sail his boat on.

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. **Open answer**

Disappointment 1	
What did I believe to begin with?	
How did I find out the truth?	
How did I react?	
What did I learn from the experience?	

Disappointment 2	
What did I believe to begin with?	
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 can't do what he wanted to do. What can he do now? Offer him alternatives.

He can look for water somewhere else; He can pretend that the grass is water and play with his boat there; He can play at jumping over the river.

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?

The frogs.

- Who is the most affected by the situation?

The frogs, because they need water to survive.

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

Yes. He can take them to try to find water somewhere else.

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

Sample answer: That you shouldn't feel down when something doesn't live up to your expectations. That, when you are disappointed about something, you should consider that maybe someone else is even more disappointed.

