

# Lesson 5 Failure Year 4 | Activity

Name .....

Main Task

Write a fear of failure thought for each scenario and show how this thought could lead to a negative outcome.

Scenario	Fear of Failure Thought	Negative Outcome
1. Jasmine is about to read a poem in front of the whole school in assembly.	_____ _____ _____	_____ _____ _____
2. Ibrahim is about to take an important science test.	_____ _____ _____	_____ _____ _____
3. Mya is about to go to a party where she doesn't know many people.	_____ _____ _____	_____ _____ _____
4.	If I do this then I will only feel bad about failing. I will just say that I am sick and stay at home.	_____ _____
5.	_____ _____	_____ _____