

Lesson 5 Failure Year 4 | Activity

Name



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.	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
2. Ibrahim is about to take an important science test.	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
3. Mya is about to go to a party where she doesn't know many people.	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
4. <div></div> <div></div> <div></div>	If I do this then I will only feel bad about failing. I will just say that I am sick and stay at home.	<div></div> <div></div> <div></div>
5. <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>