







## Lesson 5 Challenges Year 4 | Activity

Name .....

### Main Task

Write the emotion that might be triggered by each event. Then write the viewpoint of someone suffering from victim mentality and someone who embraces the challenge.

Event	Emotion	Victim mentality	Embracing the challenge
1. You are one of the best players in the year for netball but you have not been selected for the netball tournament.			
2. A friend says that Hamid is saying nasty things about you behind your back.			
3. Your teacher has asked you to get into groups of three. Your three best friends have got into a group before you could get there.			
4. At Christmas, your sister gets three more presents than you.		