



Relief

1 What do you think the toad in the picture on pages 22 to 23 of the EMOTIONARY is thinking? Colour in the speech bubble that you think is most appropriate.

I'll make you pay for this!

Phew! That was close!
Thank goodness ...

I'm off, loser! See you later!

2 How do the two animals in the picture feel? Match the animals with the feelings.

toad	frustrated
crocodile	relieved

Now explain why you think they feel that way.

Sample answer: The toad is relieved because he has managed to escape from the crocodile.

The crocodile is frustrated because he didn't catch the toad.

3 Match the situations with the examples.

<p>A load is taken off your mind.</p> <p>You stop feeling threatened.</p>		<p>A dangerous dog is put on the lead.</p> <p>You finish an exam.</p>
---	--	---

● Now write your own example for each situation.

Open answer

4 Circle the name of the person who felt **relieved**.

Yesterday the kids in Year 4 went to the House of Horror. Some of them, like Charlie and Laura, had a great time. They had a few frights, but they had a good laugh too. On the other hand, Miriam was terrified the whole time. She cried all the way round the attraction. And Paul had a knot in his stomach from the beginning to the end. When he came out, he felt happy and relaxed.

● Now explain why you think this person felt **relief**. Remember that relief means that an unpleasant feeling or situation has come to an end.

Sample answer: Paul felt relieved because he got out of the House of Horror and was safe.

5

Match the definitions of **relieve** with the examples:

<p>to make an unpleasant feeling less strong</p>	<p>I have to look after my baby brother until lunchtime and then my grandma is coming to relieve me.</p>
<p>to take someone's place</p>	<p>This medicine should relieve the pain in your tummy.</p>

Now replace the verb **relieve** in the examples above with one of the verbs below. Complete the sentences.

reduce

take over from

I have to look after my baby brother until lunchtime and then my grandma is coming to take over from me.

This medicine should reduce the pain in your tummy.

6

Write about four situations in which you have experienced **relief**.

Open answer

Tick the boxes that say how you felt.

Open answer

calm

happy

relaxed

furious

tired

triumphant

7 Put the parts of the story in the correct order from **1** to **5**.

4 But, in the shop, the shopkeeper told the man that the shelves were empty because someone had stolen the wallet containing all their earnings, when they were taking the money to the bank, and so they couldn't buy any goods for the shop.

3 However, the old man told him that he wanted something to eat, not a hat, so off the first man went in search of food for the old man.

1 Once upon a time, there was a man who never felt relief, no matter what he did. It all began one day when he wanted to buy an expensive hat, so he stole a wallet full of money.

5 After many similar incidents, the man sat down on a bench, unable to move. And there he remains, the hat still sitting on his head.

2 With the stolen money, he bought the hat. But he felt bad about what he had done, and decided to give away the hat to an old man who was begging in the street.

8 Answer the questions about the man in the story above.

● How could he get some relief?

He could confess and give the money back.

● Could he have avoided this situation? If so, how?

He could have borrowed the money or just not bought the hat.

9

Read the situations and write the ending.

Clara is watering her neighbour's plants whilst the neighbour is on holiday. She is supposed to do it every two days but hasn't been for the past four days. One of the rose bushes is withered. It's almost dead. Clara would feel relieved if ...

Sample answer: ... the bush recovered when she watered it. Or ... her neighbours told her that they had never liked that rose bush anyway.

Samir is home alone for the first time ever. He isn't very relaxed. He thinks he can hear strange noises all the time. Suddenly he hears footsteps outside. He is sure they are coming up his path. He feels extremely relieved when ...

Sample answer: ... he hears his parents' voices. Or ... he realises that someone was walking past his house, not coming up his path.

10

Complete these ways of showing relief.

1. *Sighing, letting out big breaths, ...*

wiping your forehead as if you are sweating; saying 'Phew!' or 'Thank goodness for that!'

