

WHAT'S THAT NOISE?

“This is the hardest bit,” thought Emma. She lifted the violin up to her shoulder and placed the bow on the strings. For the tenth time, she played the ending of her new piece.



Her mother came into the lounge. “That sounds better,” she said. “I think you’re getting it.”

Then her brother Jack arrived home. He blocked his ears.

“What’s that noise?” he called out.

Emma shoved the violin back in its case. “I’ll never be any good at this,” she shouted.



And she ran to her bedroom and slammed the door.



What do you do when things get hard and you feel like giving up?



Looking at the options

When things get hard, we can still choose how we respond. It's a good idea to stop and think, "What's the best thing to say or do here?"

Think about what Jack and Anna did in the story. Now play this game with your family and think about what else they could have done.

1. Copy and cut out the cards below.
2. Shuffle the cards and place them face down between you.
3. Pick up a card. Explain who is talking, and read what they say.
4. Now talk about what might happen next. Was the response on the card a good choice?
5. Carry on until you have used all six cards.
6. Which do you think was Jack's best response? What about Anna's?

