

'It's easy', said Rehana, who had heard her father say it often. 'It's like eating an elephant - you just do it one bite at a time!'

Rehana and Daisy's plan was going very well - they had found out lots of information and planned when and how to get to Alton Towers (even checking that their parents weren't busy on the day they had planned to go). The difficulty was raising the money - they were both too young to get a proper job.

They didn't know what to do and were just beginning to feel that maybe they wouldn't get to Alton Towers after all, when Daisy's big brother Ewan asked them if they would like to help him make some paper chains for a Chinese New Year celebration - he said he would pay them if they completely finished the box of paper strips by the end of the week. Of course, they were overjoyed and thought happily of the money they would make ... at last their dream was going to come true.

They began the task in high spirits the next night, when they sat down with Ewan to begin their important job. But as time went on, they found that it was not as easy as it had sounded. However many paper chains they made, and however long they made each one, they never seemed to get any closer to using up all the strips of paper.

After three nights they had started to argue. 'Daisy - you're deliberately going slowly';

'Rehana - you keep breaking mine when you put yours on top of them'.

Their fingers were sore, they were bored and frustrated and both of them felt like giving up - would they ever get the money they needed to make their dream come true?

Task 2

What was their goal?

If Daisy and Rehana had behaved 'impulsively' what might they have done?
Would they have achieved their goals?

Write a list of strategies that they could use to manage their feelings of frustration and irritation.

Extension: list situations that you may encounter that would get you frustrated/angry.

Don't forget to upload a photo of your work.