

# Dealing with Disappointment

Disappointment can happen for a variety of reasons, and most of us experience some sort of disappointment quite often. As adults, we have hopefully learned how to overcome the everyday minor disappointments. But for kids, a small disappointment can feel huge. Have you ever given a toddler a cut banana when they, in fact, wanted it uncut? To them, that moment felt like their little world was over.

And even as they get older, students in elementary, middle, and even high school, may still struggle to regulate their emotions when they are disappointed. But in this lesson, we will help you help your child identify what to do in times of disappointment.

**Prompt:** “We’re going to talk about times when we were disappointed. Can you think of a time when you were disappointed?”

A few examples:

- when you lose at a game
- when you fall off your bike
- when a friend is mean or leaves you out
- you didn’t get what you wanted for lunch
- you wanted something but didn’t get it

How do you feel when those things happen? \* give time for a quick discussion \*

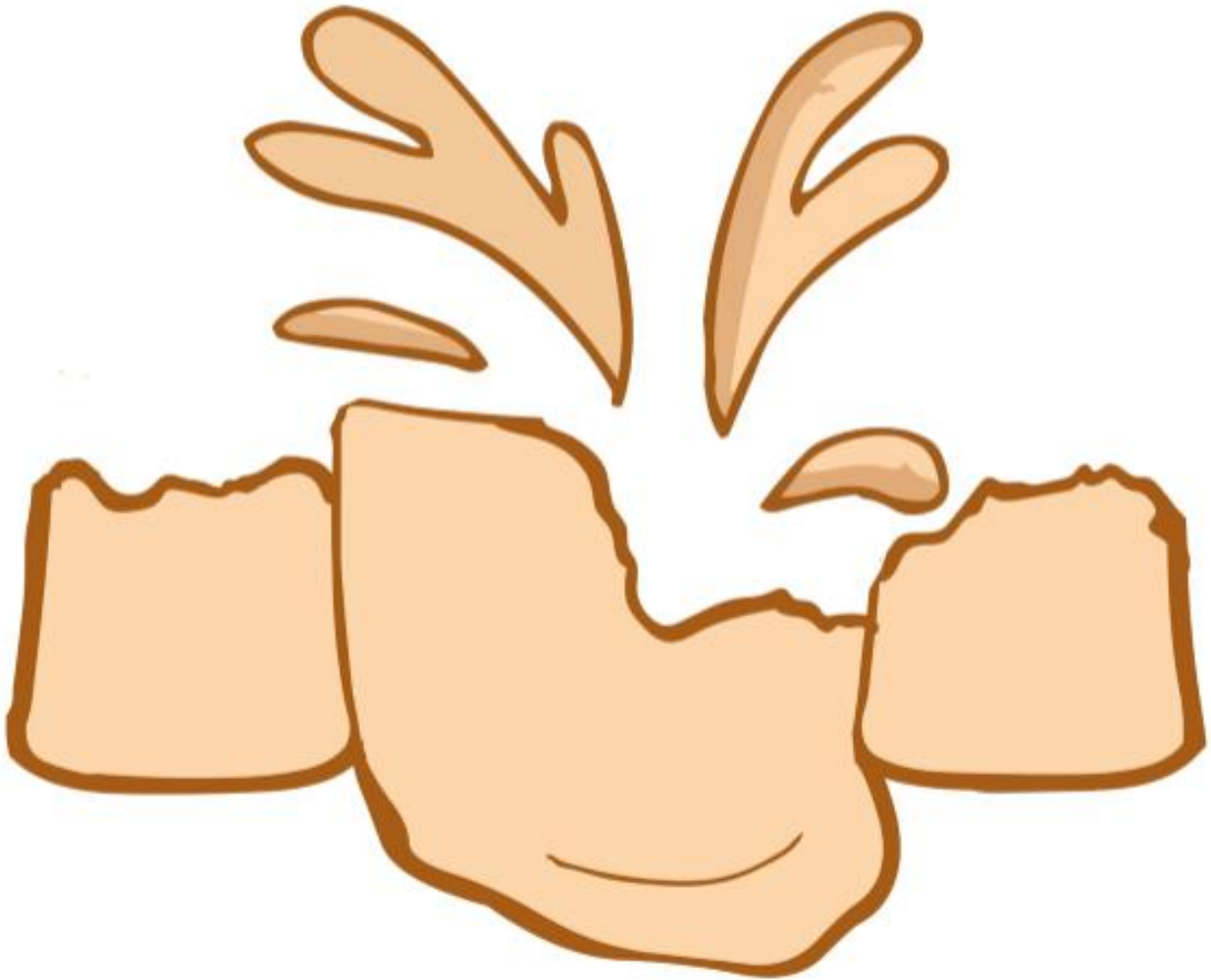
Take a few minutes and write down something that made you feel disappointed. It could have happened today, yesterday or a long time ago, but you still remember it. You may have a few things that have made you feel that way. **Write them in the sand where the sandcastle has fallen down.**

**Prompt:** Discuss what they can do when something doesn’t go their way.

Next, have them write a few ideas into their sandcastle to “build it back up.” Explain how the way we react in times of disappointment can really help our mood and how we go on with our day.

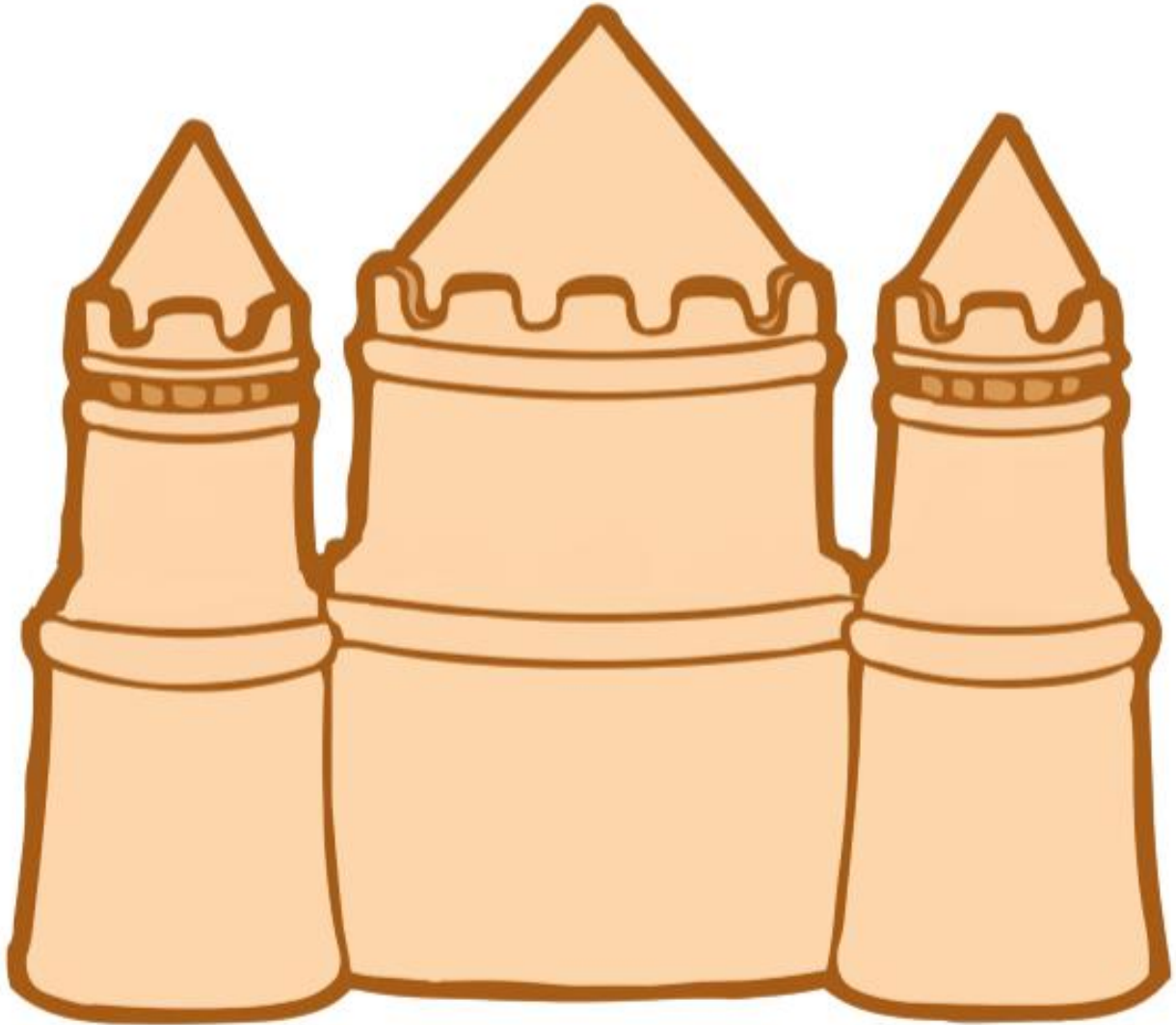
# WHAT SHOULD I DO?

**Directions:** Sometimes we feel disappointed. In the crumbling sandcastle below, write some examples of times you were disappointed.



# WHAT SHOULD I DO?

**Directions:** Fill in the sandcastle below with ways you can help make yourself feel better.



**Here are some examples:**

- Try again
- Use kind words
- Take deep breaths
- Be nice to the other person
- Tell myself "It's going to be OK."