



I was excited for the outdoor picnic, but it started raining and the picnic was cancelled



I felt a heavy feeling in my chest. I was really disappointed



Mom noticed I was upset and asked me to talk about it



I told her about the cancelled picnic and how sad I felt



Mom said it's okay to feel disappointed when things don't go as planned



She suggested we have an indoor picnic instead



**We laid out our favorite snacks
and pretended we were in a
forest**



**I even made a tent using
blankets and chairs**



We played games and told stories, just like we would at the picnic



I realized that even when things change, we can still have fun in different ways



I felt grateful to Mom for helping me see the bright side



I learned that it's okay to be disappointed, but we can always find happiness in new ways