



Yesterday, I was excited to go to the park, but then it started raining, and we couldn't go. I felt a heavy feeling inside. I was disappointed



Disappointment is a feeling I get when something I wanted to happen doesn't go the way I planned



Sometimes, disappointment happens when I don't win a game I really wanted to win



Disappointment can also happen when I try really hard, but things don't work out, like when my painting doesn't turn out how I imagined



When I feel disappointed, my body might feel heavy, and I might want to sigh or stop trying



It's okay to feel disappointed. Everyone feels this way sometimes, even grown-ups



Disappointment happens because I care about something. It shows that I wanted it to go well



Understanding disappointment helps me know it's just one of many feelings, like happiness or sadness



When I feel disappointed, I can remind myself that it's okay to try again another time



Sometimes, disappointment helps me think of new ways to do something or try something else that's fun



Talking to someone I trust, like Mom or Dad, can help me feel better when I'm disappointed



Taking a deep breath and thinking about the good things I still have can help me feel calmer



Sometimes, I can find a way to make the best of it, like playing indoors when it's raining outside



Disappointment doesn't stay forever. When I understand it, I can let it go and enjoy other things



**I've learned that
disappointment is just one
feeling, and it helps me grow
and find new ways to be happy**



Vocabulary

- Disappointment

A: A feeling when something doesn't go the way I wanted

B: A feeling of being excited and happy

- Try Again

A: To give up forever

B: To keep working on something even if it didn't work the first time

- Feelings

A: Emotions like happiness, sadness, or disappointment

B: Something you can touch with your hands

- Trust

A: Believing someone will listen and help you

B: Feeling unsure about someone

- Calm

A: Feeling upset and loud

B: Feeling peaceful and relaxed



Spellings

A: Excited

B: Exsited

A: Disapointment

B: Disappointment

A: Better

B: Bettar

A: Hapan

B: Happen

A: Myself

B: Miself

A: Thinking

B: Thingking

A: Indor

B: Indoor

A: Outsyd

B: Outside



Comprehension

- What made the child feel disappointed in the story?
A: They were playing a game with friends
B: They couldn't go to the park because it rained

- What does disappointment feel like in the body?
A: Feeling heavy and wanting to sigh
B: Feeling excited and full of energy

- What can help when the child feels disappointed?
A: Talking to someone they trust
B: Staying upset and frowning

- What did the child learn about disappointment?
A: It's something bad that should never happen
B: It's a normal feeling that helps them grow

- What can the child do instead of feeling disappointed?
A: Try something else fun or try again later
B: Stop doing anything



Open-Ended Questions

- What makes you feel disappointed sometimes?

- Who can you talk to when you feel disappointed?

- What helps you feel better when something doesn't go the way you wanted?

- Can you think of a time when you tried again and felt proud?



Creative Activity

- **Draw a "Try Again" Picture**

Ask the child to draw something they tried before and want to try again, like building a tower or drawing a picture

- **Make a "Feel Better" List**

Help the child list or draw things they enjoy doing when they feel disappointed



Role-Play Activity

- **Scenario 1**

Pretend the child's plans for a park trip are canceled. Practice taking deep breaths and finding something fun to do indoors

- **Scenario 2**

Act out a situation where the child doesn't win a game. Practice saying, "It's okay, I'll try again next time"

- **Scenario 3**

Pretend the child's project doesn't turn out the way they imagined. Practice talking to a parent about how they feel and thinking of ways to improve