



This morning, I was excited to play my favorite board game with my family. But then we didn't have time to play, and I felt disappointed



Disappointment is a feeling I have when something I hoped for doesn't happen



Sometimes, I feel disappointed when my plans change, like when it starts raining, and I can't play outside



I might also feel disappointed when I don't win a game I really wanted to win



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



When I'm disappointed, I can take a deep breath. Breathing helps my body feel calmer and more relaxed



Talking to someone I trust, like Mom or Dad, can help me feel better. They listen and understand how I feel



Sometimes, I can think of something else fun to do, like reading my favorite book or drawing a picture



I can also remind myself that I'll have another chance to do what I wanted, like playing the board game another day



Thinking about things I've already done that made me happy today, like having breakfast with my family, can also help



Sometimes, disappointment can teach me to try again or come up with a new plan, like trying a different way to build my block tower



Finding a way to make the best of it, like helping Mom cook or playing a quick game with my sibling, helps me feel better



Disappointment doesn't stay forever. When I try something new or talk about my feelings, the heavy feeling goes away



I've learned that disappointment is just one feeling, and I can handle it by staying calm and focusing on the good things I have



Now, I know that when I feel disappointed, I can take a breath, talk to someone, and try again later. I feel proud of myself!



Vocabulary

- Disappointment

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

B: A feeling of being excited and happy

- Relax

A: To help my body feel calm and peaceful

B: To feel upset and tense

- Plan

A: Something that happens by accident

B: An idea about what I want to do

- Trust

A: Believing someone will listen and help you

B: Feeling unsure about someone

- Try Again

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

B: To stop and give up



Spellings

A: Family

B: Famili

A: Hop

B: Hope

A: Really

B: Realy

A: Breathing

B: Breething

A: Havy

B: Heavy

A: Talking

B: Tallking

A: Chnac

B: Chance

A: Breakfast

B: Brakfast



Comprehension

- What made the child feel disappointed in the story?
A: They couldn't play their favorite board game
B: They were playing outside in the sunshine

- 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 a feeling that helps them learn to try again
B: It means they should stop trying

- What can the child do instead of feeling disappointed?
A: Try something else fun or try again later
B: Stop playing and sit alone



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 happy?



Creative Activity

- **Make a “Try Again” Badge**

Help the child create a badge they can wear when they decide to try something again after feeling disappointed

- **Draw a “Happy Plan”**

Ask the child to draw something they’d like to try later or an alternative activity they enjoy when plans change



Role-Play Activity

- **Scenario 1**

Pretend the child’s plans for a park trip are canceled. Practice taking deep breaths and finding another fun activity 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 drawing doesn’t turn out how they wanted. Practice talking to a parent about how they feel and trying again with a new idea