



“I have favorite activities that I look forward to.”



“Sometimes I get really excited waiting for it to happen.”



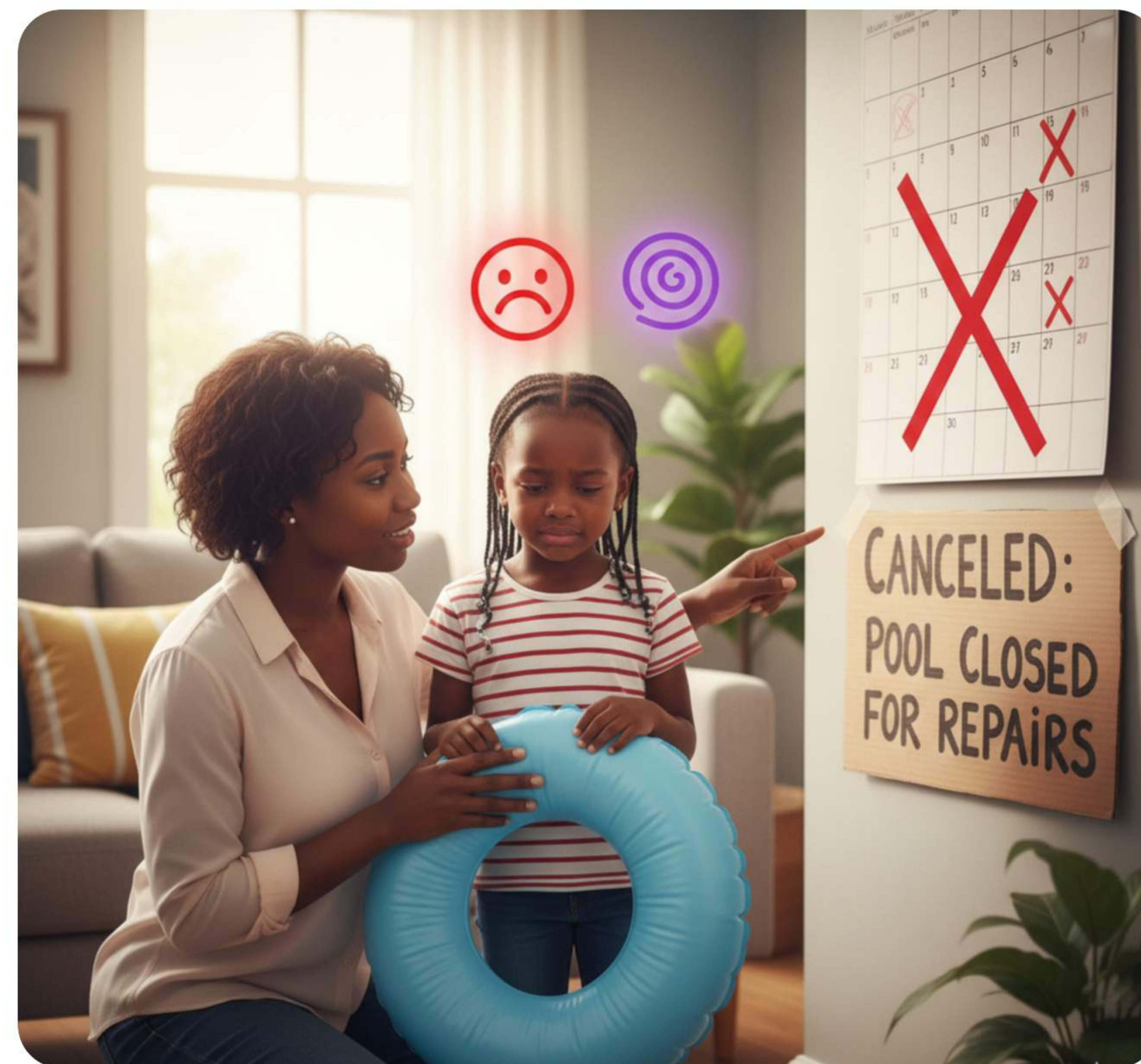
“But sometimes my favorite activity gets canceled.”



“Activities can be canceled for many reasons.”



“When this happens, I might feel surprised or confused.”



“I might also feel disappointed, sad, or upset.”



“These feelings are okay. Many people feel this way when plans change.”



“I can pause and take a slow, calm breath to help my body relax.”



“I can listen to what the adult is saying about the change.”



“I can ask a simple question if I want to understand what happened.”



“I can remind myself, ‘I can handle this. It’s okay to be disappointed.’”



“I can choose something else to do for now.”



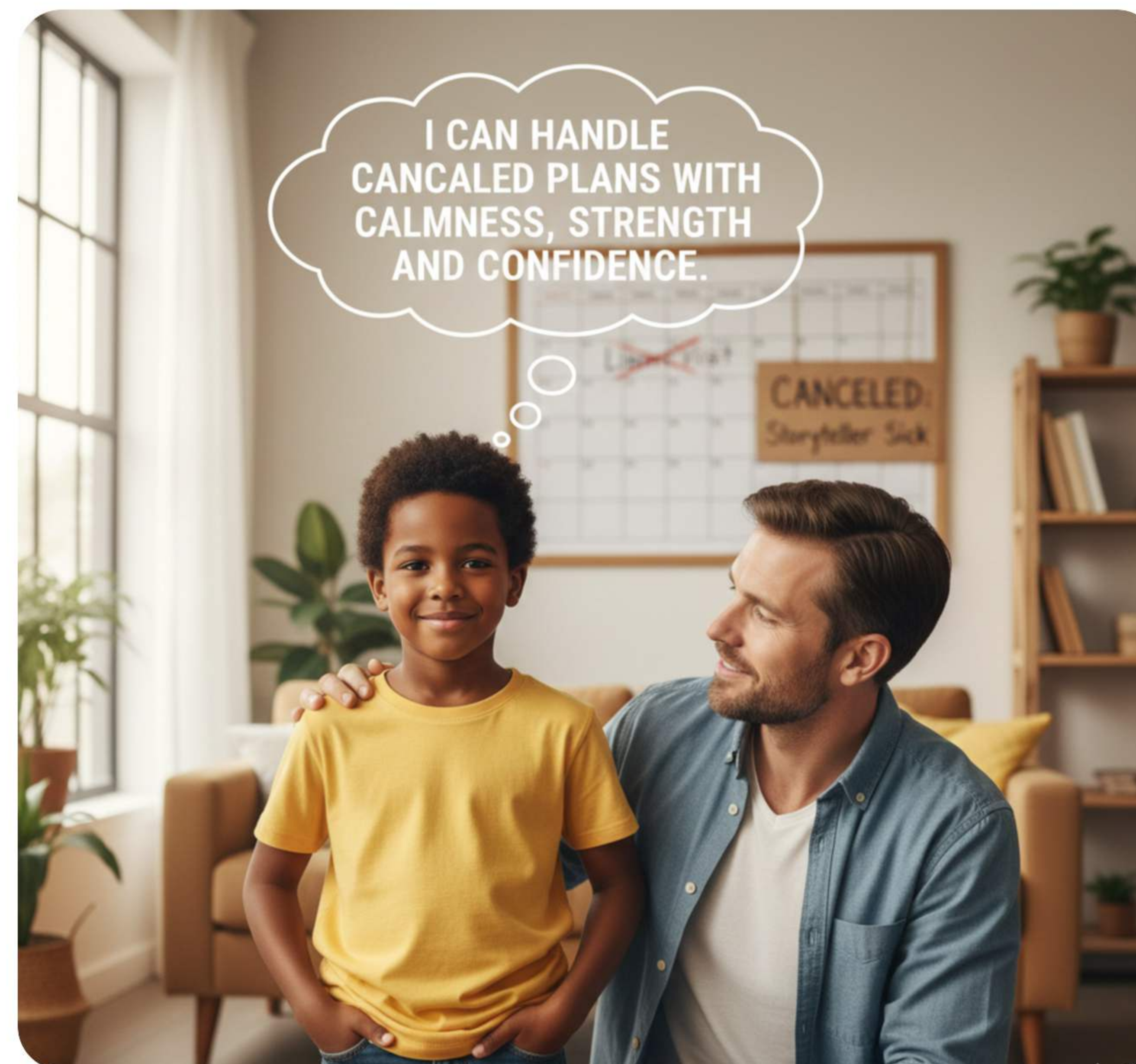
“Sometimes the new activity can turn out fun or interesting.”



“If I still feel upset, I can talk to someone I trust.”



“My favorite activity might happen another day.”



“I can handle canceled plans with calmness, strength, and confidence.”



Vocabulary

- Canceled

A: When something planned does not happen.
(Correct)

B: When something happens earlier than expected.

- Disappointed

A: Feeling sad because something I wanted didn't happen. (Correct)

B: Feeling excited for something new.

- Reason

A: The explanation for why something happened.
(Correct)

B: A random guess.

- Calm

A: Feeling relaxed and steady. (Correct)

B: Feeling angry and tense.

- Future

A: A time that is still coming, like tomorrow or next week. (Correct)

B: Something that already happened.



Spellings

A: Ssad

B: Sad (Correct)

A: Plan (Correct)

B: Plann

A: Feel (Correct)

B: Feal

A: New (Correct)

B: Neew

A: Later (Correct)

B: Latter



Comprehension

- Why do I sometimes feel sad when my favorite activity is canceled?
A: Because I was excited and looking forward to it. (Correct)
B: Because I don't like the activity.
- What can I do first when I hear the activity is canceled?
A: Take a calm, deep breath. (Correct)
B: Yell loudly.
- What can I say to myself when I feel disappointed?
A: "I can handle this." (Correct)
B: "Nothing ever works."
- What can I do instead of my favorite activity?
A: Choose another activity to do for now. (Correct)
B: Do nothing and stay upset.
- When might my favorite activity happen again?
A: Another day in the future. (Correct)
B: Never again, ever.



Open-Ended Questions

- How do you feel when something you were excited about gets canceled?
- What helps you stay calm when you feel disappointed?
- Who can you talk to when you need comfort?
- What is another activity you enjoy that can help you feel better?

Role-Play Activity

- **Scenario 1**

You are told your favorite outing is canceled because of the weather. → Practice taking a deep breath and saying, “Okay, what can I do instead?”

- **Scenario 2**

A school activity gets postponed. → Practice asking, “Will we do it another day?”

- **Scenario 3**

You feel really disappointed. → Practice talking to a parent or teacher about your feelings.

- **Scenario 4**

You choose a new activity and start enjoying it. → Practice noticing how your feelings change.