



DISAPPOINTMENT



STEP 1: NAME THE FEELING

Ask your child to describe a time when they felt disappointed. It could be about something small (like not getting their favorite snack) or something bigger (like plans being canceled).



Use a feelings thermometer (like the one in the Applejake toolkit) to help your child identify where disappointment falls on the scale. Is it a “little disappointment” or a “big disappointment”? Write it down!

STEP 2: UNDERSTANDING DISAPPOINTMENT

Discussion Prompt:

“What is disappointment? Why do we feel disappointed?”

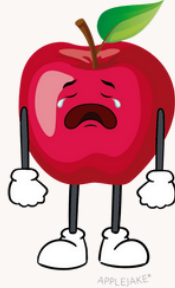
Explain that disappointment happens when we don’t get what we expect or want.

Explain that it’s normal to feel sad or frustrated, but that we can learn how to move through these feelings.



Draw or use stickers to illustrate how disappointment feels on the body. Does it feel heavy? Does it make your shoulders droop? This can help children visualize and express emotions more easily.

DISAPPOINTMENT

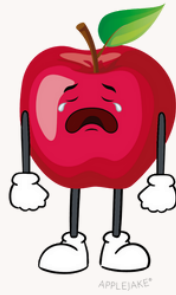


STEP 3: CREATING A COPING PLAN

Activity: Together, create a "Disappointment Coping Kit." This can be a physical box or a list of activities you can do when feeling disappointed. Encourage your child to add items that will help them feel better next time.



- Breathe Deeply - Practice deep breathing. Count to four as you breathe in, hold for four, and breathe out for four.
- Positive Self-Talk - Help your child create a positive affirmation, like "I can handle this," or "It's okay to feel sad."
- Do Something Fun - Suggest an activity that can distract them, like coloring, playing a game, or reading a favorite book.



DISAPPOINTMENT

STEP 4: TURN DISAPPOINTMENT INTO A LEARNING MOMENT

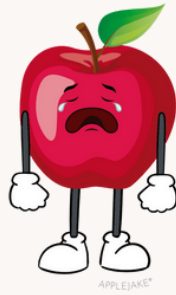
Activity: Reflect on the situation. Ask your child:

- "What could you do differently next time?"
- "How could we look at this situation in a positive light?"

Help them identify that while disappointment feels bad in the moment, it's an opportunity to grow and handle challenges more easily in the future.



Draw two pictures on a piece of paper. On the left side, draw the disappointed face. On the right side, draw a happy face and what they learned from the experience.



DISAPPOINTMENT

STEP 5: CELEBRATE THE POWER OF RESILIENCE

Wrap-Up: End the activity by celebrating the ways your child showed resilience. You could create a “Resilience Trophy” (a fun DIY project with an empty jar or a sticker on a trophy-shaped paper) that they earn whenever they handle a tough feeling like disappointment well.



Bonus: Reflection Exercise (For Parents and Kids)

After completing the activity, share your own story of disappointment as a parent. How did you cope with it? This reinforces that everyone experiences disappointment, but it’s how we respond that matters. Modeling healthy coping skills is key.



Drawings



Notes
