Lesson 16: Managing Disappointment

What Is My Child Learning?
Your child is learning that people can feel disappointed when they don't get what they want. Your child is learning how to do belly breathing, which will help him or her calm down when feeling disappointed.

Vocabulary
Practice these words with your child before or during the lesson:
- Disappointed: feeling sad when something you wanted to happen doesn't happen
- Belly breathing: taking deep breaths to help calm down

Why Is This Important?
Young children have strong feelings about what they want, and they may feel strong disappointment when they don't get it. It's important for children to understand that they can't always have what they want. Slow belly breathing helps calm the body.

This lesson may be especially helpful to strengthen children's coping skills during times when there are challenges that result in disappointment. Not being able to do many things that children normally do, such as go to school or play at the park, might be particularly disappointing.

After the Lesson
- Talk with your child about a few times that they have felt disappointed this week. For example, they may be disappointed about not being able to go to school, or to the park, or to visit their grandparents. Have your child draw a picture of what they most look forward to doing when it's okay to do those things again.
- Work with your child to complete the lesson Home Link.

Daily Practice
Try doing these activities with your child to help reinforce what they've learned:
- Demonstrate and practice belly breathing in everyday life. Have your child breathe with you whenever you feel strong feelings, and talk with them about how belly breathing helps you feel better. Give your child these instructions for belly breathing:
  - Put your hands on your tummy and pay attention to your breathing.
  - Take a deep breath that makes your tummy move out when you breathe in and in when you breathe out.
  - Breathe in slowly through your nose and out slowly through your mouth.
Create a Second Step Account

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSPE FAMI LY68

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