

GRADE 3

Lesson 14: Managing Disappointment

Lesson Concepts

- Negative self-talk can make strong feelings even stronger.
- You can calm down by using positive self-talk.
- Setting a new goal and making a plan to achieve it are positive ways to handle disappointment.

Objectives

Students will be able to:

- Generate positive self-talk they can use to calm down in response to scenarios
- Make a simple three-step plan to achieve a goal in response to scenarios

Why This Lesson Matters

In this lesson, students learn how to use positive self-talk to calm themselves during disappointment, a common stressor for children. Positive self-talk can effectively engage the thinking part of the brain in emotional situations, while negative self-talk can escalate emotions and decrease students' self-control. Students should identify and practice words and phrases that work for them so that positive self-talk comes easily when needed.

Before the Lesson

Share the [lesson handout](#) with students.

After the Lesson

Have students complete the following prompt:

What's one thing you would like to achieve this week? Write out a three-part plan that will help you achieve that goal.

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Have the students rewatch the ["Calm It Down Dance" video](#).
- Have the students complete the [lesson handout](#).

See the lesson [Following Through Card](#) for more ideas about how to build on key lesson concepts.

Need to register on SecondStep.org, but don't have your registration PAK?

Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP3 FAMI LY73

The Second Step Family Resources (individually or together, the "Resource") are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given to or sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource.
© Committee for Children 2020

Second Step is a registered trademark of Committee for Children

