GRADE 3
Lesson 14: Managing Disappointment

What Is My Child Learning?
Your child is learning that negative self-talk can make strong feelings even stronger, but that they can calm down by using positive self-talk. Your child is also learning that setting a new goal and making a plan to achieve it are positive ways to handle disappointment.

Why Is This Important?
In this lesson, your child is learning how to use positive self-talk to calm themselves during disappointment, a common stressor for children. Positive self-talk can engage the thinking part of the brain in emotional situations, while negative self-talk can escalate emotions and decrease your child's self-control. Your child should identify and practice words and phrases that work for them so that positive self-talk comes easily when needed.

Vocabulary
Practice these words with your child before or during the lesson:
- Goal: a result or situation that you want and you work for
- Disappointing: not as good as you expected or hoped
- Positive: good or optimistic
- Negative: bad or not helpful
- Perseverance: steady work toward a goal despite challenges

After the Lesson
Work with your child to answer this question:
What's one thing you would like to achieve this week? Write out a three-part plan that will help you achieve that goal.

Daily Practice
Try doing these activities with your child to help reinforce what they’ve learned:
- Complete the lesson handout with your child.
- Watch the “Calm It Down Dance” video with your child.
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: SSP3 FAMI LY73

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