

Lesson 17: Managing Disappointment

Lesson Concepts

- When you don't get what you want, you can feel disappointed.
- Strong disappointment can lead to feeling sad or angry.

Objectives

Students will be able to:

- Identify the feeling of disappointment
- Demonstrate calming-down skills when they feel disappointed

Why This Lesson Matters

Young students have strong feelings about what they want and may experience keen disappointment when they don't get it. When disappointment is accompanied by withdrawn or angry behaviors, students may act in ways that are harmful to themselves or others. Adults can guide students to calm down enough to think about the situation. Adults may be tempted to relieve distress by meeting students' demands, but it's important for students to understand that they can't always have what they want.

As students adjust to new schedules and expectations at home, there may be many situations that elicit disappointment. Providing opportunities for students to practice these skills will enable them to manage their emotions more effectively when feeling disappointed.

Before the Lesson

Provide a refresher of the last lesson by reviewing the Noodle Game with students:

Last time, you learned that when you're angry, you need to calm down so you don't act in hurtful ways. It's easier to calm down if you do it as soon as you notice the angry feelings inside your body.

We also practiced relaxing by playing the Noodle Game. Let's practice again in a different way. You can stay seated. (Move slowly through the following sequence.) Focus all your attention on your body. Tense all your muscles. Take a belly breath and let your muscles relax. Take another belly breath and let your muscles relax even more. Take a final deep belly breath.

Have students reflect on how they feel after taking belly breaths.

After the Lesson

Have students think about a scenario in which they might feel disappointed. Here are some examples:

- You wanted to go the park, but the parks are all closed.
- You wanted to throw a birthday party, but you're not able to have friends over to your house right now.

- Your mom wouldn't let you have a cookie as a snack.
- You wanted to play with a toy, but your sibling is playing with it first.

After students think about the disappointing scenario, have them practice the Calming-Down Steps (putting their hands on their tummies, saying "stop," naming their feeling, and taking belly breaths).

Following Through

Use these strategies to reinforce lesson concepts throughout the week.

- Ask families to play the Step or Stay Brain Builder at home.
- Ask families to play the Noodle Game at home to practice feeling relaxed.
- Have students draw what they can do to calm down if they feel disappointed at home. Have them write a word about what they can do or dictate a sentence about it to an adult.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.

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