Lesson 17: Managing Disappointment

What Is My Child Learning?
Your child is learning that when they don't get what they want, they can feel disappointed. Strong disappointment can lead to feeling sad or angry.

Why Is This Important?
This is important because young children have strong feelings about what they want and may experience keen disappointment when they don't get it.

As your child adjusts to new schedules and expectations at home, there may be situations in which they are disappointed. Providing opportunities for your child to practice these skills will help them better manage their emotions when feeling disappointed.

Vocabulary
Practice these words with your child before or during the lesson:

- Disappointment: feeling sad or unhappy because something was not as good as you had hoped, or because something you hoped for didn't happen

After the Lesson
Have your child draw what they can do to calm down if they feel disappointed at home. Have them dictate a sentence to you describing what they can do.

Daily Practice
Try doing these activities with your child to help reinforce what they've learned:

- Play the Step or Stay Brain Builder at home.
- Listen to “The Calm-Down Song.”
- Ask your child to teach you how to take belly breaths and let them guide you through the Calming-Down Steps.
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: SSPK FAMI LY70

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