






Lesson Four: Dealing with disappointment.

Sometimes you will have to deal with disappointment. It happens to us all and is simply part of life. We can spend a long time feeling unpleasant emotions which don't help at all or we can pick ourselves up, regulate our emotions and move on

Some top tips for dealing with disappointment:

- It's ok to feel disappointed. It's an unwanted feeling, but it doesn't mean someone is wrong to feel it.
- Often, the person who has disappointed you hasn't even realised they have done it.
- A solution can often be to calmly talk to the person who has made you disappointed.
- Sometimes, you have to just accept it and try to move on.
- If you are disappointed with something you have done, try to do it better next time.

Below are some examples of when a Year Two child may feel disappointed. What advice would you offer them?

<p>The child doesn't like the birthday present they have been given.</p> 	
<p>They don't get invited to someone's birthday party.</p> 	
<p>Their friend decides to start playing with someone new.</p> 	
<p>They get a low score on their spelling test.</p> 