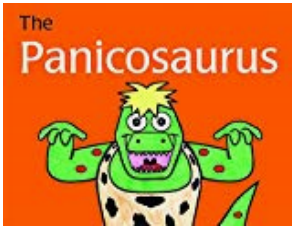




**Lesson three: Learning to deal with disappointment**

**Activity One:**



As a class read this book.



What were three strategies used to help cope with disappointment?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Activity Two:**



Think back to an occasion when you were disappointed. What happened and why were you disappointed?

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Eventually, what happened that stopped you feeling disappointed?

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