



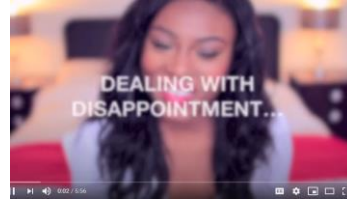
## Lesson Four: Coping with disappointment

### Activity One:

Watch this You Tube star describing her top tips for dealing with disappointment.

(Watch first 5 minutes only!)

<https://www.youtube.com/watch?v=2vcvFPtG4No>

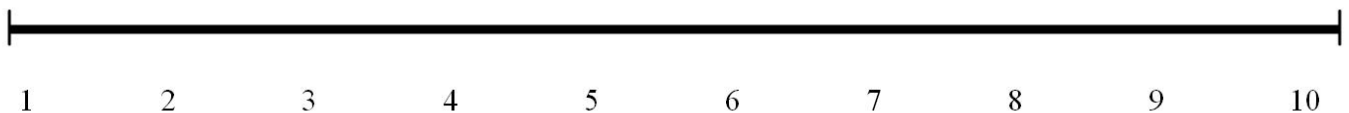


### Activity Two:

Think back to the previous lesson where you describe an occasion when you were disappointed.

Place that incident on the scale below.

- 10-is the biggest problem you've ever had.
- 1-Is not a big problem at all.



Now find someone else in the room to work with. Ask them the following questions.

1. Why was the disappointment not a higher number on your scale?
2. Why was the disappointment not a lower number on your scale?
3. If the same incident happened again, would you still rate it with the same number on the scale? How could you respond differently?