



Dealing with disappointment

Who is this resource aimed for?

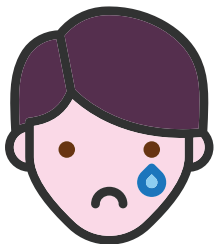
This resource is for children who might be finding it difficult to achieve what they are aiming for.

What is disappointment?

Disappointment is when you feel sad because you haven't achieved something, or got something that you wanted. Disappointment can feel worse when you really tried hard for something or if you really wanted something.

Have you ever felt disappointed?

.....
.....
.....



What did you do when you feel disappointed?

.....
.....
.....
.....

Badger fact

Badgers don't hibernate during the winter, but they go into a deep sleep called torpor.



What could you do to help yourself if you feel disappointed?

.....
.....
.....

Who can help you when you feel disappointed?

.....
.....
.....