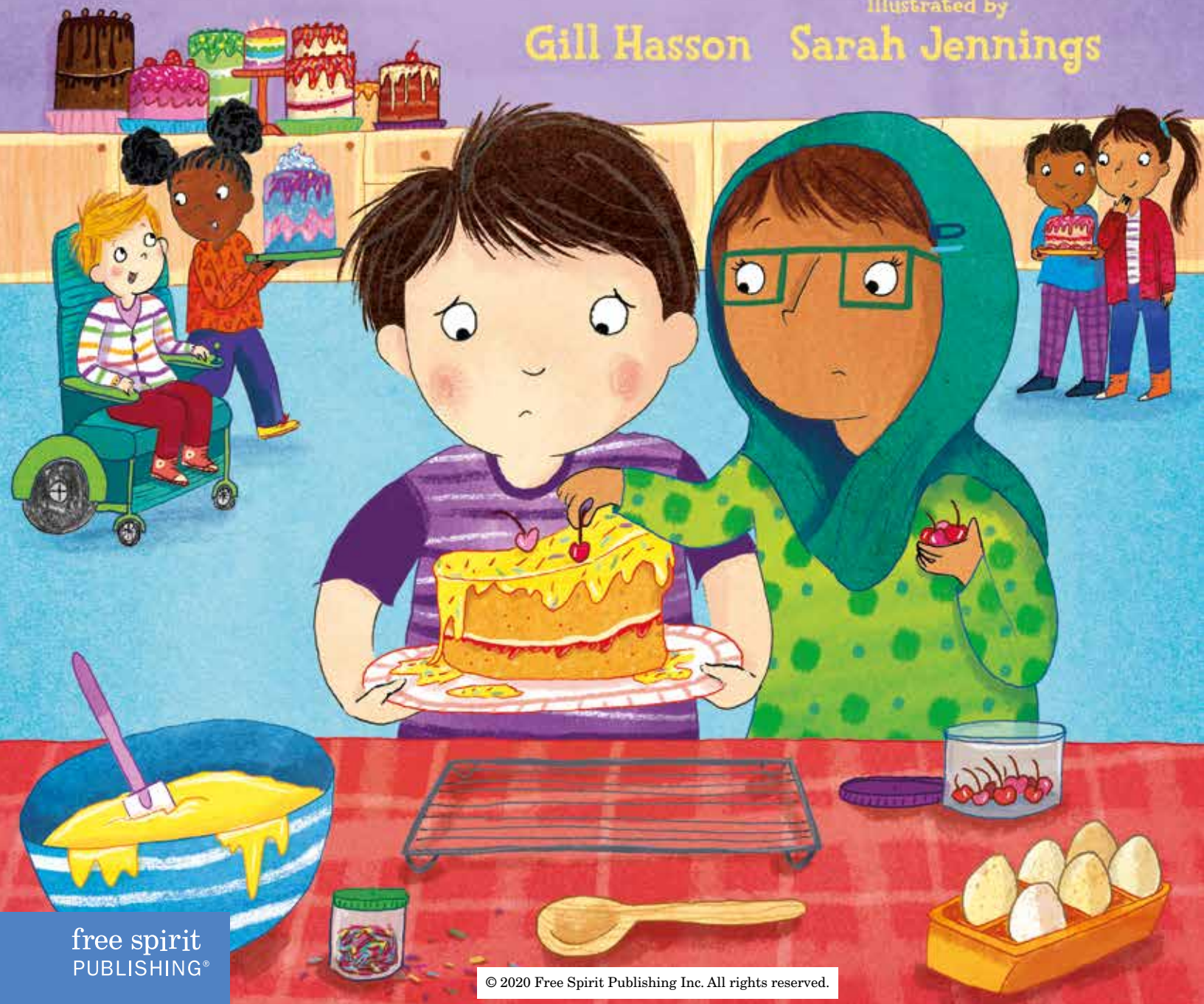


KIDS CAN COPE

Get Unstuck from Disappointment

Illustrated by
Gill Hasson Sarah Jennings



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Published in North America by Free Spirit Publishing Inc., Minneapolis, Minnesota, 2021

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Library of Congress Cataloging-in-Publication Data

Names: Hasson, Gill, author. | Jennings, Sarah, illustrator.

Title: Get unstuck from disappointment / by Gill Hasson ; illustrated by Sarah Jennings.

Description: Minneapolis : Free Spirit Publishing Inc., 2021. | Series: Kids can cope | Audience: Ages 6–9

Identifiers: LCCN 2020026559 | ISBN 9781631986154 (hardcover)

Subjects: LCSH: Disappointment—Juvenile literature. | Emotions in children—Juvenile literature.

Classification: LCC BF575.D57 H377 2021 | DDC 155.4/124—dc23

LC record available at <https://lcn.loc.gov/2020026559>

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Reading Level Grade 3; Interest Level Ages 6–9;
Fountas & Pinnell Guided Reading Level N

Edited by Alison Behnke and Cassie Sitzman

10 9 8 7 6 5 4 3 2 1

Printed in China
H13771020

Free Spirit Publishing Inc.
6325 Sandburg Road, Suite 100
Minneapolis, MN 55427-3674
(612) 338-2068
help4kids@freespirit.com
freespirit.com

First published in 2021 by Franklin Watts, a division of Hachette Children's Books · London, UK, and Sydney, Australia

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Series editor: Jackie Hamley

Series designer: Cathryn Gilbert

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What is disappointment?

Disappointment happens when things don't go the way you thought or hoped they would.

Maybe you've been disappointed when you couldn't go on a field trip because you were sick.



Perhaps you've been disappointed you missed the bus and had to walk to the store instead.



Or you might have been disappointed that you didn't win a game you were playing.



How do you feel?

Disappointment can leave you feeling sad and upset. It can leave you feeling let down.



Disappointment can leave you feeling angry or grouchy, and thinking that things just aren't fair.



Sometimes you might be only a little bit disappointed about something. But if you were really hoping for something or wanting it for a long time, then you might feel very disappointed.

Get unstuck from disappointment

Now you know that when you're disappointed, it's okay to feel sad, upset, grouchy, or angry. But try not to stay stuck in disappointment for too long. There are things you can do to cope with disappointment and feel better. Here are some reminders:

- Think differently. Rather than getting stuck thinking about what didn't happen, think about what could happen next.
- Do things differently. Rather than think about what you can't do, think about what you can do instead.
- Have a Plan B for what you can do in case Plan A doesn't work out.
- Even if you don't do or get what you wanted, say well done to others.
- Next time you know someone else is disappointed, be kind to them.

If your disappointment feels too big to handle, ask a grown-up for help. If you don't feel like you can ask anyone you know, you can call 1-800-448-3000, text **CONNECT** to **741741**, or go to **yourlifeyourvoice.org** to talk with a counselor. This person will listen to you and give you some help and advice about what to do when you're feeling disappointed.



Activities

These drawing and writing activities can help you think more about how to deal with disappointment. You could keep your pictures and writing with this book as ideas that can help you cope when you feel disappointed.

- Look at yourself in the mirror and make a disappointed face. Draw a picture of it. Then add a thought bubble to your picture with a way that you can start moving past your disappointment.
- Think of a time you were disappointed about something. What happened when you felt disappointed? What did you think and what did you do? What helped you feel better? Draw a picture or write about this situation. Then draw or write about how you would deal with it now that you've learned some new ways to deal with disappointment.
- Evie is disappointed because her grandfather is sick and can't join her family for a picnic next week. Write a letter to Evie to help her deal with her disappointment.
- Deion says that if he doesn't get a new video game for his birthday next week, he'll be very disappointed. Write a letter to Deion with your idea for a Plan B—what he could do if he doesn't get the game—so he isn't stuck feeling disappointed.