



Feeling Disappointed

Each of these kids is feeling disappointed. Look at the picture and then draw a line to some suggestions for how that person could help themselves feel better. Choose as many as you think will help!

Say "I can do hard things!"

Do slow breathing

Ask for help

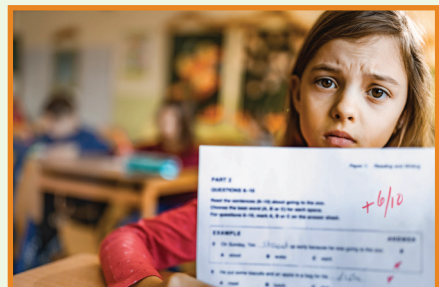
Find something else to do

Talk to a trusted person about how they feel

Do slow counting

Say "I've got this!"

Think about something that makes them smile





This page is for you!



Cut or tear this page.