



Feeling Disappointed

- Feeling disappointed is how we feel when things don't happen the way we expect them to.
- Everybody gets disappointed sometimes. It is very normal to feel disappointed when things don't happen the way we want them to.
- When we are disappointed we can often feel sad or even angry. It is OK to feel this way. It is important to try and stay calm even when we are very upset.
- The feeling of disappointment will usually go away with a little bit of time. We can often help ourselves to feel better by:
 - trying to not think about the disappointment
 - thinking about other things we enjoy and are looking forward to
 - doing an activity to help us feel calm and in control
- It is OK to feel disappointed when plans change in a way we don't like. Staying calm and trying to focus on other things can help.

