When something seems bad, turn it around and find something good.
Dear Family,

We’ve been working on what to do when we feel disappointed. The picture on this card is from a short video of DANIEL TIGER’S NEIGHBORHOOD. After we watched the video, we talked about why Daniel was disappointed and how he handled his disappointment. We also talked about times we were disappointed and how we eventually felt better. Then we explored the topic further by making up stories about other ways we might be disappointed and what to do if that happens.

Here are some ideas you can use to talk with your child about disappointment.

Let’s Talk About Disappointment

It is important for children to understand that disappointment is part of everyone’s life. By talking about it and seeing how Daniel Tiger handles disappointment, children can recognize this feeling, give a name to it, and practice some ways to handle the disappointments that arise.

Materials

• None

Directions

Encourage your children to tell you about a time when they hoped something would happen and then felt disappointed when it didn’t. Be sure to listen until they are done talking and let them know that you hear what they are saying. Sometimes children might say something that makes you feel upset or hurt. Be sure to let your children know that it is okay to tell you anyway because it could help you learn and grow.

You could ask questions like:

• Did you ever really wish for something to happen and then it didn’t happen? What did you wish for?
• How did you feel when it didn’t happen? Angry? Sad? Mad? Maybe the feeling you were having was disappointment. That’s how Daniel Tiger felt when his birthday cake was smushed.
• Do you remember what Daniel’s mom and dad told him that helped him feel better? Daniel’s mom and dad taught him a song to sing when he feels disappointed.
• Daniel learned that even when the cake is smushed, it still tastes good.
• Let’s go back to what you were disappointed about. Can you think of something good that you learned?

♫ ♪ When something seems bad, turn it around and find something good. ♪ ♫

Your child can watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel

DANIEL TIGER’S NEIGHBORHOOD © 2016 The Fred Rogers Company. All rights reserved. PBS KIDS and the PBS KIDS Logo are registered trademarks of Public Broadcasting Service. Used with permission.