

# SELF MANAGEMENT

## LESSON PLAN 5 – HANDLING DISAPPOINTMENTS

**Duration:** 20-25 minutes

**Characters:** Selin, Whisper, and Max

**Objective:** Students will learn to recognize disappointment and practice forgiveness to manage their emotions and feel better after a mistake.

### LEARNING GOALS

By the end of the lesson, students will:

- Identify what disappointment feels like.
- Practice calming down using breathing.
- Express forgiveness using kind words and body language.

### MATERIALS NEEDED

- Selin's Sweets Video: *Handling Disappointment*
- No props required (movement-based activity)

### LESSON STEPS

#### 1. Welcome & Warm-Up (2 min)

Teacher greets the class: (Children sit in a circle)

“Good morning, sweet friends! Today, Selin and Whisper have a story about forgiveness and how it helps when we feel disappointed.”

#### 2. Story (2 min)

Play the video: “*Handling Disappointment*”

Max wanted to bake blueberry muffins, but Whisper accidentally ate all the blueberries. Max felt sad — but he forgave Whisper, and soon his heart felt light again.

#### 3. Discussion & Reflection (6 min)

Ask students:

- “How did Max feel when Whisper ate the blueberries?”
- “What did Max do to feel better?”
- “How do we feel when we forgive someone?”

Encourage short, gentle answers.

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### 4. Activity – Forgiveness Feels Light (10 min)

Teacher says:

“Sometimes when someone makes a mistake, our hearts feel sad — like Max when Whisper ate his blueberries. But love and forgiveness help our hearts feel light again.”

#### Step 1 – Feel It

Teacher: “Let’s pretend we’re Max. Our blueberries are gone!”

Kids: Frown, cross arms, say softly, “I feel disappointed.”

#### Step 2 – Breathe It Out

Teacher: “Take a big breath in... and let it out.”

#### Step 3 – Forgive It

Teacher: “Now let’s say kind thoughts together.”

Children repeat:

- “It feels good to forgive.”
- “I can forgive my friends.”
- “Forgiving makes my heart feel light.”
- “Everyone makes mistakes — and that’s okay.”

#### Step 4 – Feel Light Again

Teacher: “Smile, stretch your arms wide, and say...”

Kids: “My heart feels light and happy!”

### 5. Forgiveness Promise (5 min)

Teacher asks:

“Who can you forgive today — a friend, a brother, or a classmate?”

Children share or whisper their answers.

#### Teacher Reflection

- Did students recognize and name disappointment?
- Did they participate in breathing and forgiveness practice?
- Did they appear calmer or more positive afterward?