

my DISAPPOINTED



my Disappointed

MONSTERS

What happens to your body when you are disappointed?

- Eyes looking downward, no eye contact.
- Eyes tearing up.
- Lips pressed tight.
- Wincing or pained expression.
- lowered chin.
- Gripping elbows.
- Stomach drops.
- Clenched hands.

HEART and MIND Teaching

MY DISAPPOINTED MONSTER



Session Objective:

- *Students will identify how their body feels and looks when disappointed.
- *Students will recognize different actions that make them disappointed.

Materials:

- *Pencils
- *Crayons
- *My Disappointed Monster handouts

Guiding Questions:

- *How do we look when we are disappointed?
- *What are some things that make us feel disappointed?

Session Details (about 30 minutes)

*My Disappointed Monster activity: "Everyone expresses their emotions differently, when disappointed some people get a winced or painful expression, some cry, some get clenched hands, some feel a dropping sensation in their stomach. It's important to identify how we look when disappointed so we know when we are starting to get upset, and can then do things to calm down." Pass out the disappointed monster handout. Show them the example of the one that is completed. "This is your disappointed monster, describe how you look or act when disappointed then share with the group. You will notice some of us express our disappointment in the same way." Pass out the color my monster handouts. "Now that we know how we look when disappointed, let's find out what makes us disappointed and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them feel disappointment." Once everyone has completed their pages, go through each one and discuss why they put not disappointed, a little disappointed or very disappointed. Next, give them the last two pages to complete about people and places that make them disappointed. "It's important to also determine what others do to cause us disappointment and locations that cause concerns to us."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

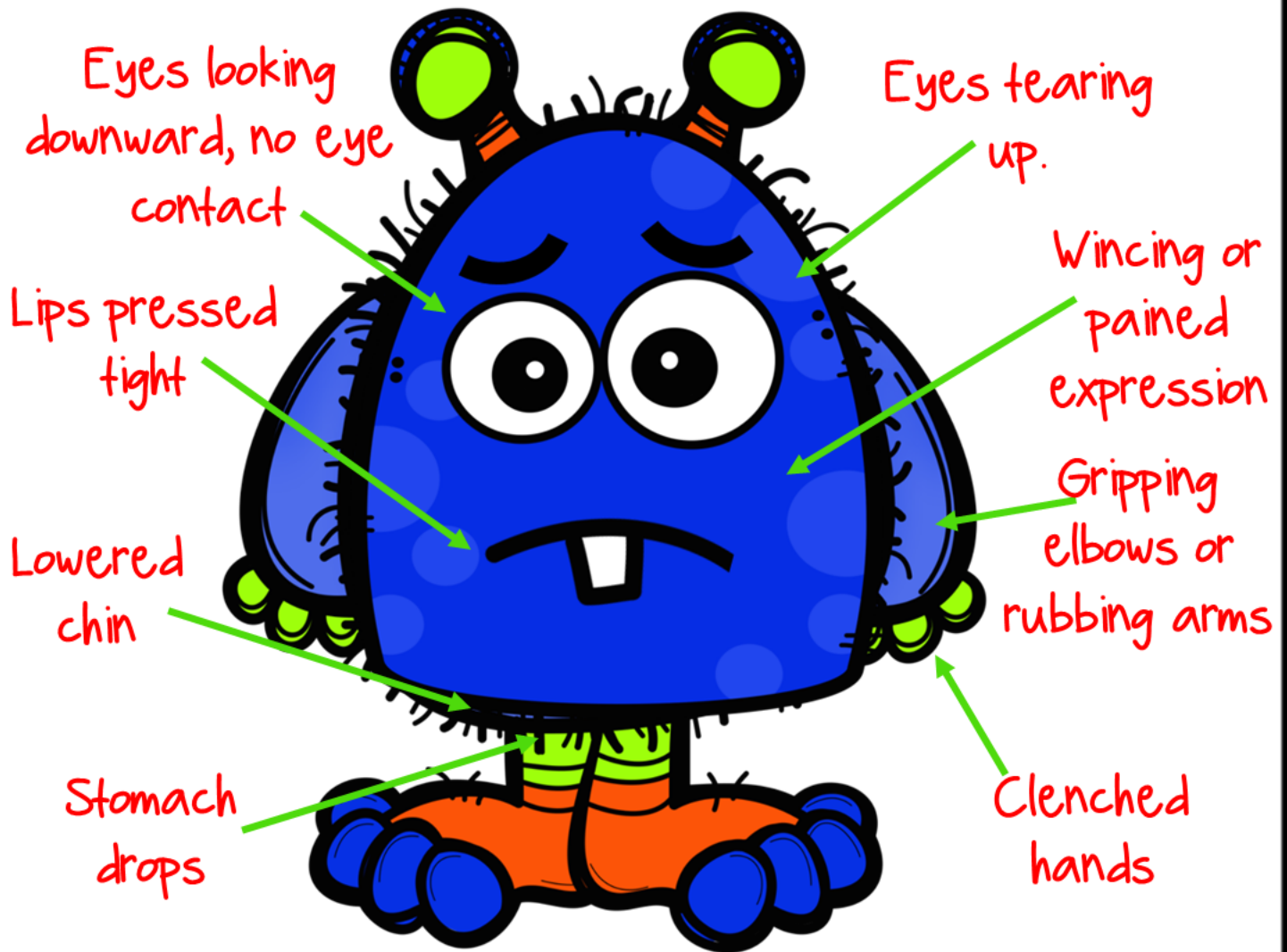
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

My Disappointed



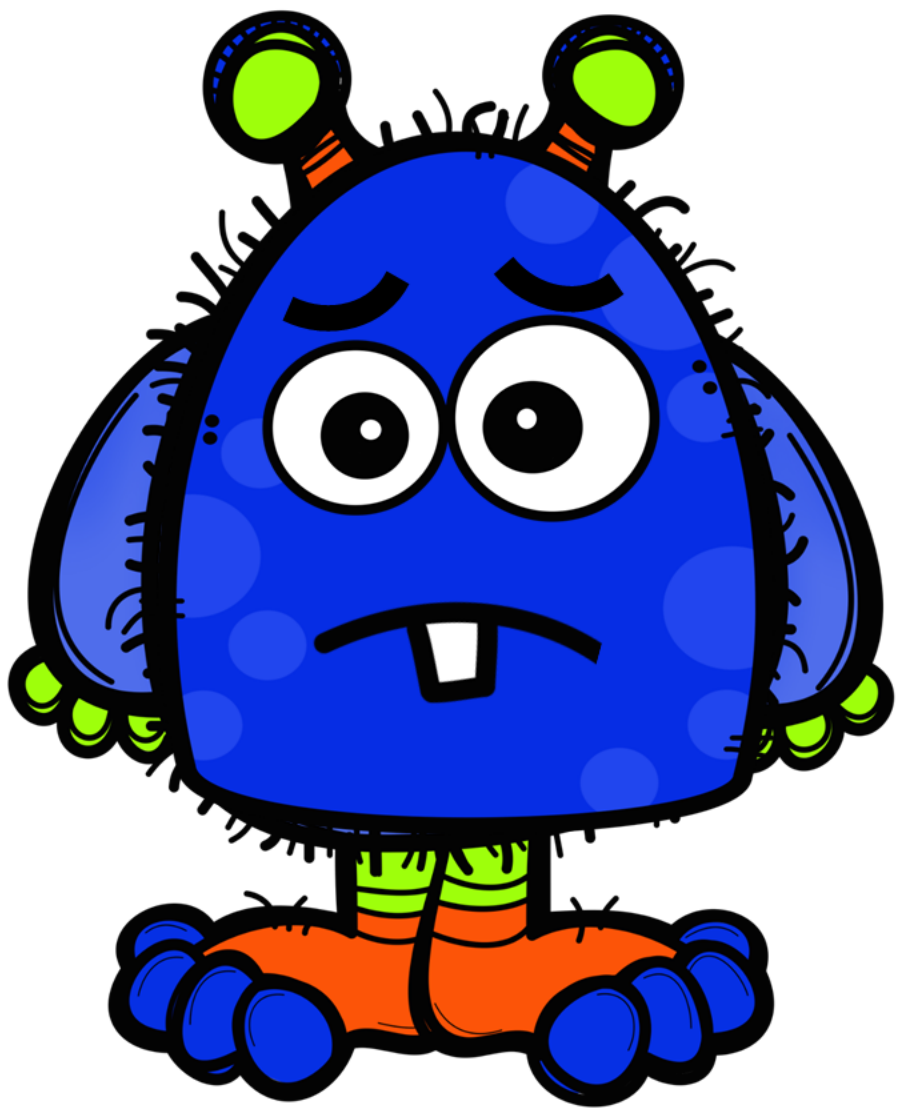
What happens to your body when you are disappointed?



My Disappointed



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Color your Disappointed Monster



Not
Disappointed



A little
Disappointed



VERY
Disappointed

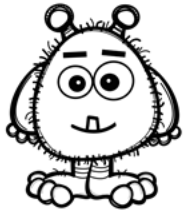
Color the monsters using the color code above, based on how you would feel to each given situation.



My parent misses an important event.



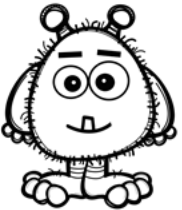
I don't get to do something I want to do.



I get a bad grade.



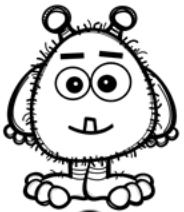
I get in trouble.



No one asks me to play at recess.



I don't get invited to a classmate's party.



I forget to do my homework.



My friend hurts my feelings.

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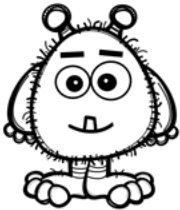


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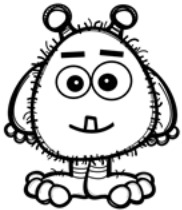
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I don't make the honor roll.



I don't get time to play.



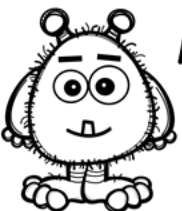
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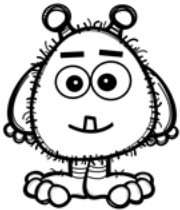


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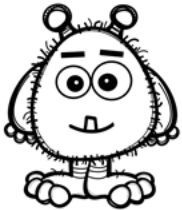
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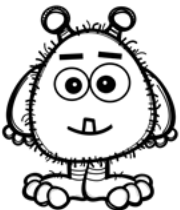
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The people in our life sometimes bring out our Disappointed Monster, list what these people do that make you disappointed.

I get disappointed when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



My



Disappointed Monster

Some places cause our Disappointed Monster to show itself, describe what happens in these areas in your life.

I get disappointed when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

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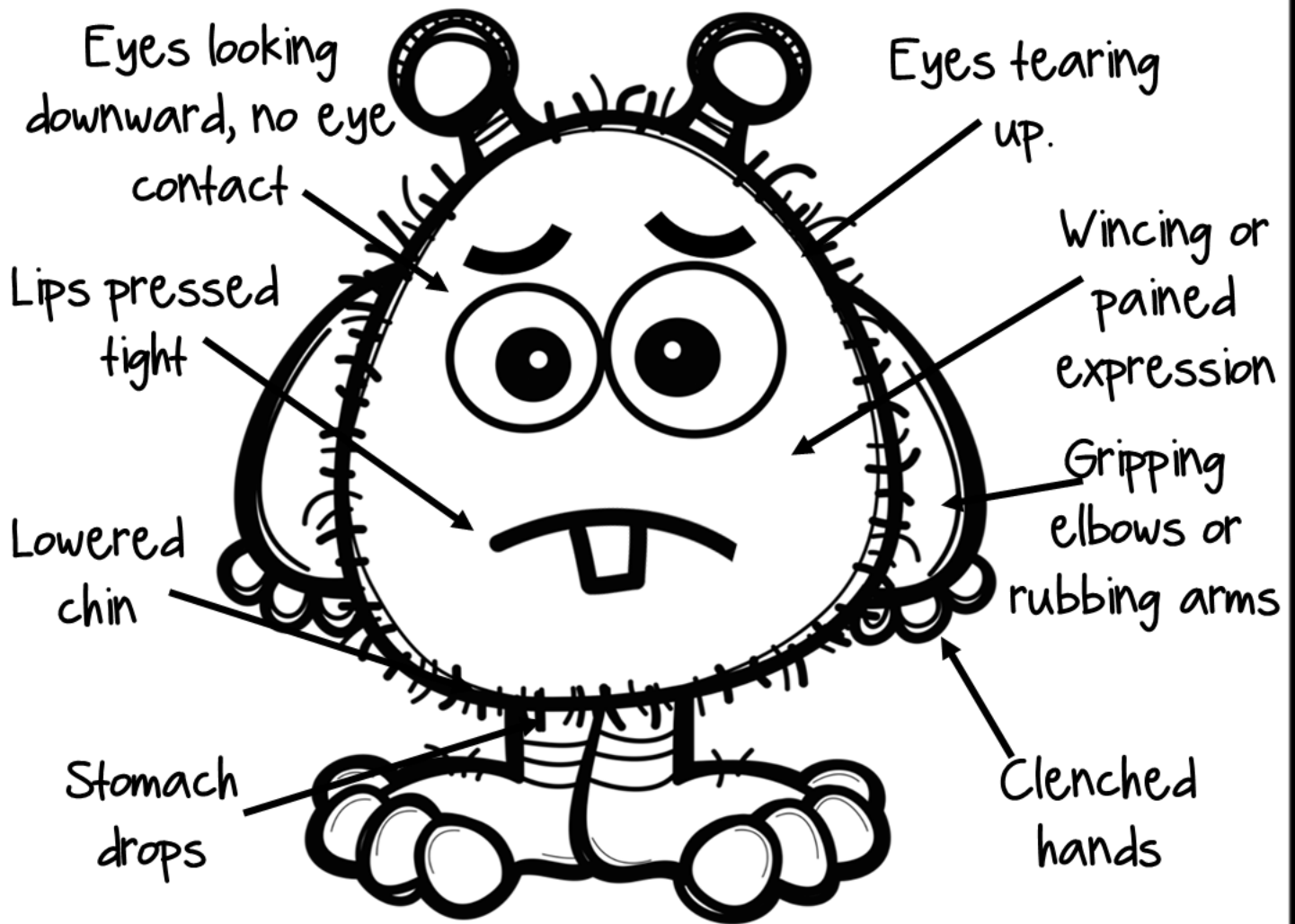
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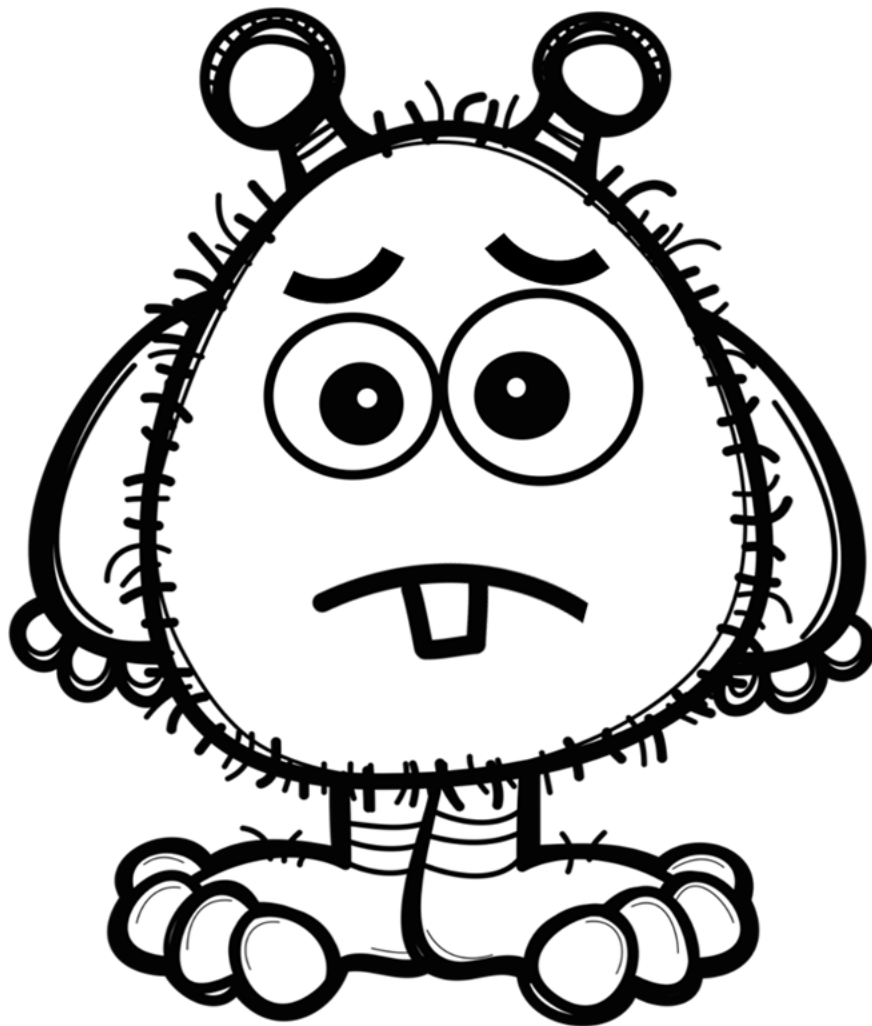
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(Yellow)
A little

Disappointed



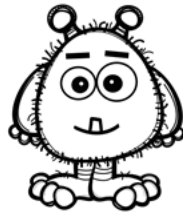
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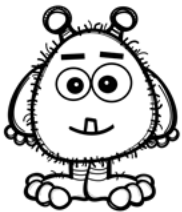
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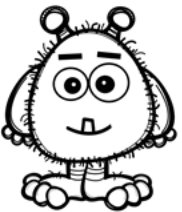
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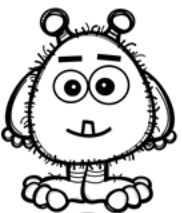
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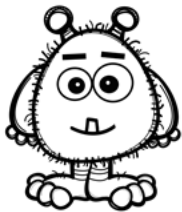
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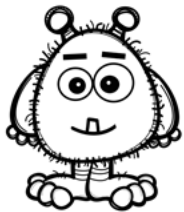
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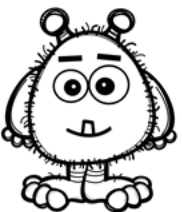
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I don't get time to play.



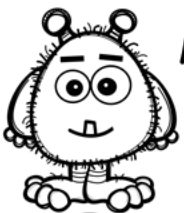
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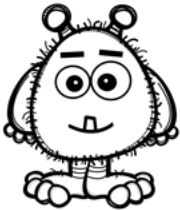


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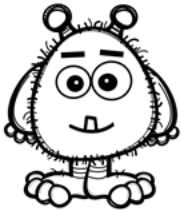
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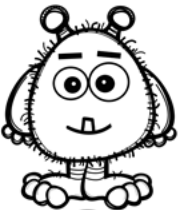
My favorite team loses.



Someone does not listen to me.



I drop my ice cream on the floor.



I missed my favorite show.



I don't score during the game.



My



Disappointed Monster

The people in our life sometimes bring out our Disappointed Monster, list what these people do that make you disappointed.

I get disappointed when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



My



Disappointed Monster

Some places cause our Disappointed Monster to show itself, describe what happens in these areas in your life.

I get disappointed when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Disappointed Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

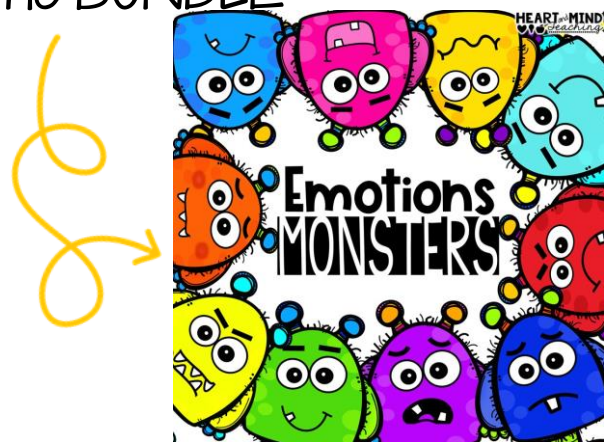
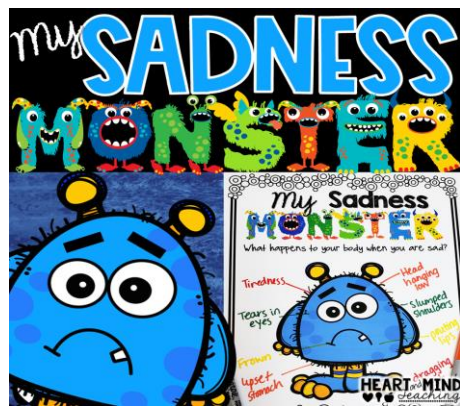
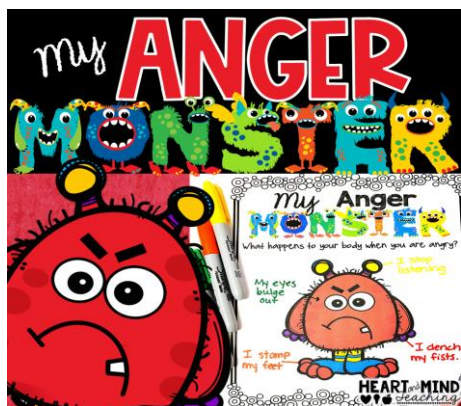
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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