Kimochis®

building a school-to-home connection

HOMELINKS WEEK 19

Disappointed

This week, we learned about **disappointment** and the Kimochis® *kotowaza*— or Japanese proverb—that accompanies this feeling: **"Maybe next time."** This *kotowaza* helps to inspire and encourage children to **"bounce back"** when disappointed. Disappointment can seem unbearable for young children because they do not have the range of experiences older children have that allow them to understand that the situation may not be so bad. However, experiencing disappointment actually teaches children to be resilient. "When children learn at an early age that they have the tools to get over a disappointing situation, they'll be able to rely on that throughout childhood and later on as adults," says Dr. Robert Brooks, coauthor of Raising Resilient Children. "If you help a child learn to ask for realistic support, lean on others, communicate well, and stay optimistic, you're assisting that child to handle what life throws at him." Your child learned to do a little snap of the fingers (or at least the motion) for a small disappointment and a big snap for a bigger disappointment. This can be paired with words such as, *"Maybe next time"* and *"Oh, well."*

See reverse for ways your entire family can learn from this week's lesson!

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Common Language

Disappointed Snap: A tool to help children cope with disappointment; children can snap their fingers and say, *"Maybe next time"* to help move through disappointed feelings

Coach Managing Disappointed Feelings During Daily Activities

- Model how to snap your fingers and say, *"Maybe next time"* or *"Oh well"* as a way to help get over disappointment.
- Admire when your child experiences disappointment and does not completely fall apart.
- Ask your child if he/she has any ideas about how to make big disappointed feelings a little smaller.

Family Fun: Playful Ways to Practice

- **DISAPPOINTED SILLY WORDS AND PHRASES.** It can help to have fun and playful words to let someone know you feel disappointed. *"Rats"* is a good example of a word that's used to say, *"I am disappointed."* Together with your family, think of words or expressions that you will all use to express disappointment. This can become a family secret or tradition that you can laugh about together in years to come!
- **OH, WELL.** This is a playful game that will help your child learn to say, *"Oh, well"* as another tool to handle disappointment, in addition to, *"Maybe next time."* Ask your child to pretend he/she gets to do something really exciting (*"I am really excited because I get to …"*). It can be anything imaginable, even playful things like, *"I am really excited because I get to go to the moon!"* Then "disappoint" your child by saying a silly reason he/she can't do it. (*"No, sorry, you can't go the moon because we don't have a rocket ship!"*) Prompt your child to respond with a playful, *"Oh, well."* He/she can add, *"Maybe I can …"* and think of another activity instead.

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