



# So disappointed!



**Where to start:** This narrative writing exercise asks kids to put events in order and use descriptive words and details. It also encourages them to identify their feelings. Start with a conversation about what disappointment feels like. Can they think of a character in a book or a movie that had this feeling?

**Prompt:** Describe a time you were disappointed. What happened?

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**How to go deeper:** What did you do when you had that feeling? What helped you feel better? What else could you have done? (Use the back of this page to write.)