Name: _____

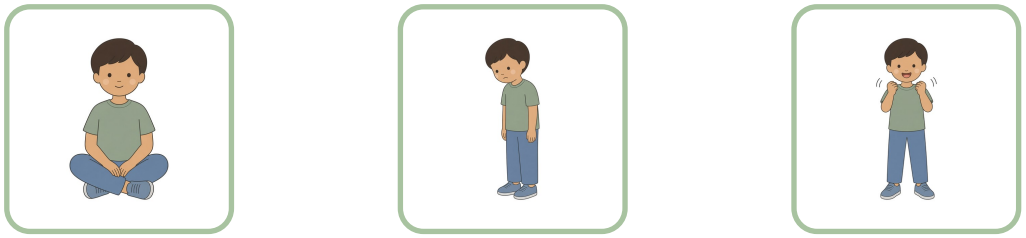
Circle the disappointed picture.

Look at the pictures. Circle disappointed.

1



2



3

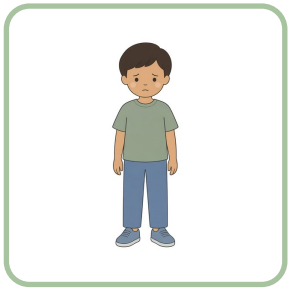


4



Trace the word.

Trace the word disappointed.



disappointed
disappointed
disappointed

Name: _____

Things that help disappointed: cut and glue.

Cut out the pictures. Glue them in the help box.

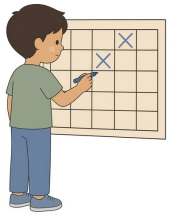
Glue here.

✂ Cut on the dashed lines.









How does disappointed look for you?

How does disappointed look for you? Circle your ways.







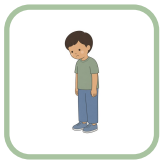


my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- lose
- droop
- groan
- new plan
- closed

Fill in the word.

Pick a word from the box. Write it in the space.

closed · lost · plan · day



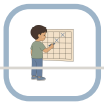
1. The shop is _____.



2. Sam _____ the game.



3. Sam makes a new _____.

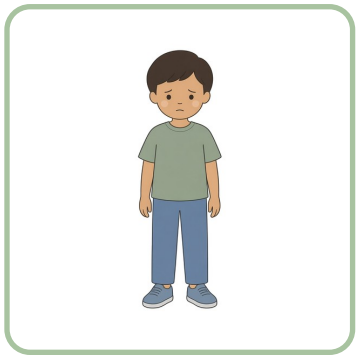


4. Sam picks another _____.

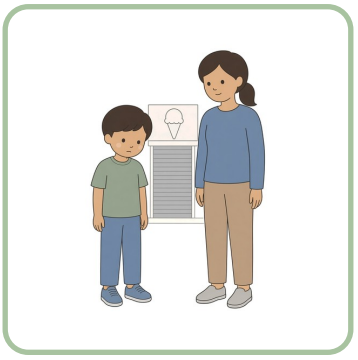
Name: _____

First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam feels disappointed ☐



The shop is closed ☐



Sam makes a new plan ☐

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Disappointed can feel like sad and angry.

2. I have to pretend I am fine.

3. A new plan can help.

4. Disappointed lasts forever.

Name: _____

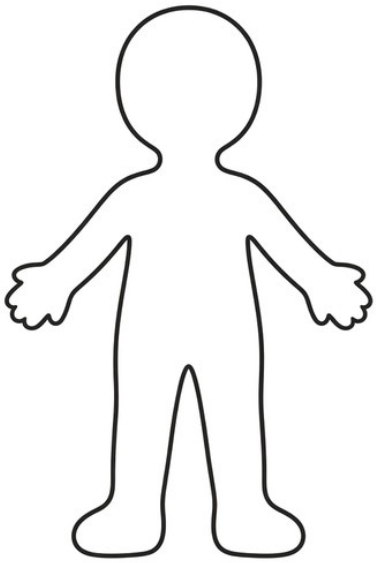
My new plans.

Draw one thing that did not happen. Draw a new plan.

1	2	3

My body and disappointed.

Where do you feel disappointed in your body? Color it.



- [ ] heavy shoulders
- [ ] tears
- [ ] tight throat
- [ ] hot face
- [ ] want to stomp
- [ ] tummy ache
- [ ] want to be alone
- [ ] my own way: _____

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “I lose a game.”

2. “A trip is canceled.”

3. “Lee's ball is flat.”

Today.

Today I felt disappointed when...

What was my new plan?

Disappointed · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam disappointed; row 2: droop; row 3: lose-game; row 4: rained-out
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: droop = droop; groan = groan; closed-shop = closed; lose-game = lose; new-plan = new plan
D2: 1. closed; 2. lost; 3. plan; 4. day
D3: 1. The shop is closed; 2. Sam feels disappointed; 3. Sam makes a new plan
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Let the child be disappointed. Avoid rushing to fix it or saying "it's no big deal".
- Changes to plans hit hard for many autistic children. Warn early and show the new plan visually.
- Name it: "You wanted to go. It is closed. You feel disappointed."
- Losing games can be very hard. Practice with short, low-stakes games and model losing calmly.
- Offer a concrete new plan or a new date on the calendar.
- Masking ("I'm fine") is tiring. Make it safe to show the real feeling.