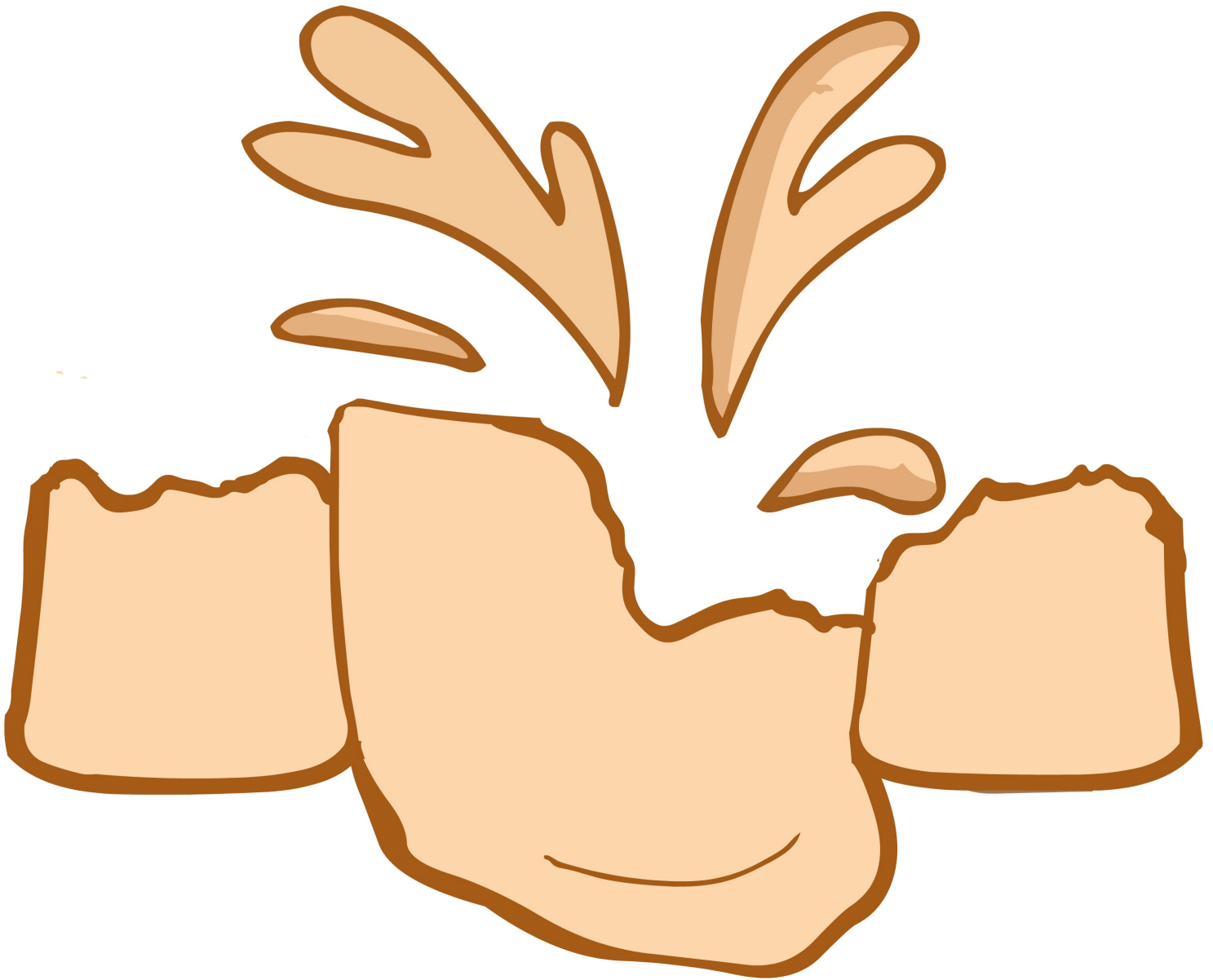


Name: _____

WHAT SHOULD I DO?

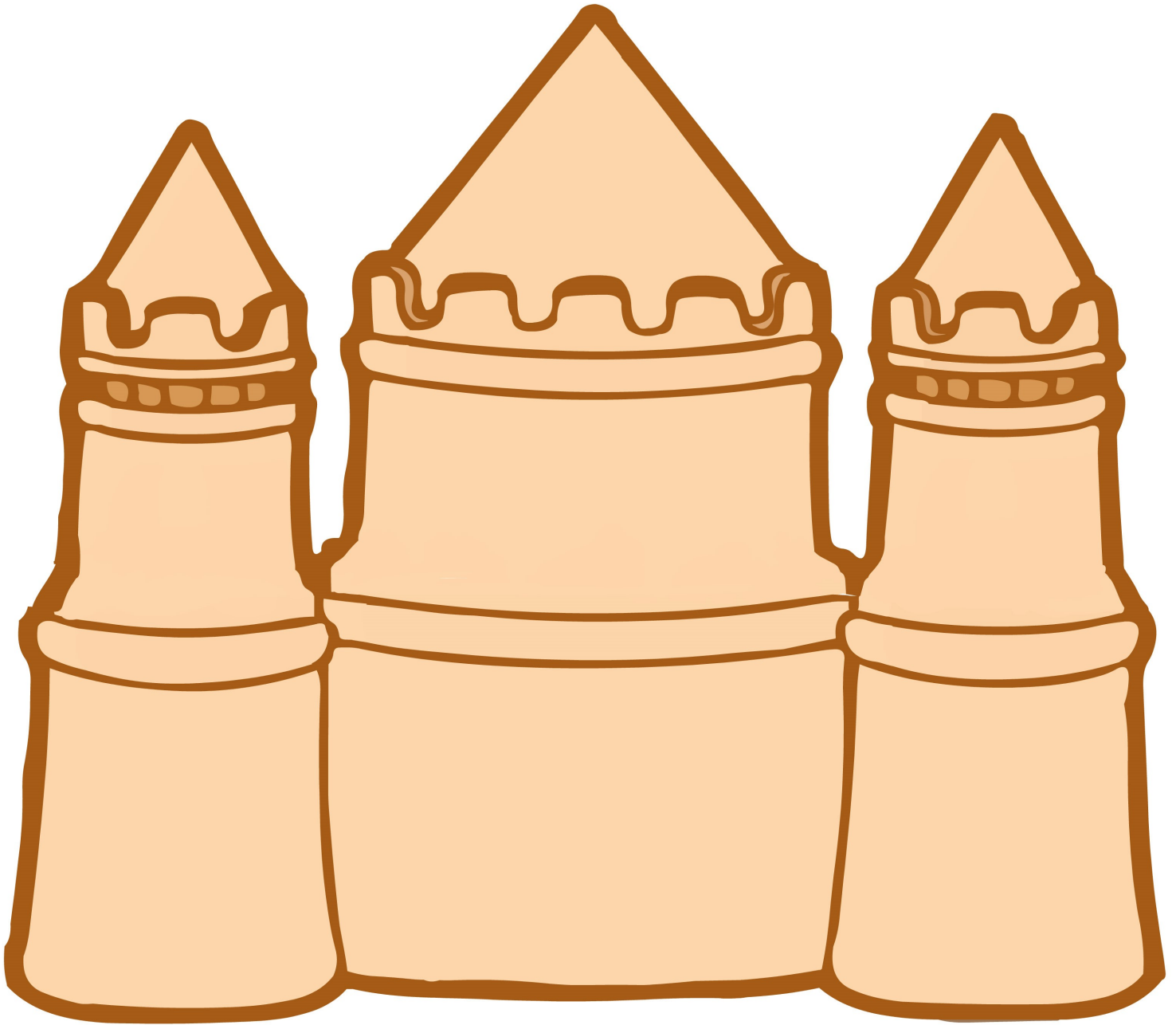
Directions: Sometimes we feel disappointed. In the crumbling sandcastle below, write some examples of times you were disappointed.



Name: _____

WHAT SHOULD I DO?

Directions: Fill in the sandcastle below with ways you can help make yourself feel better.



Here are some examples:

- Try again
- Use kind words
- Take deep breaths
- Be nice to the other person
- Tell myself "It's going to be OK."