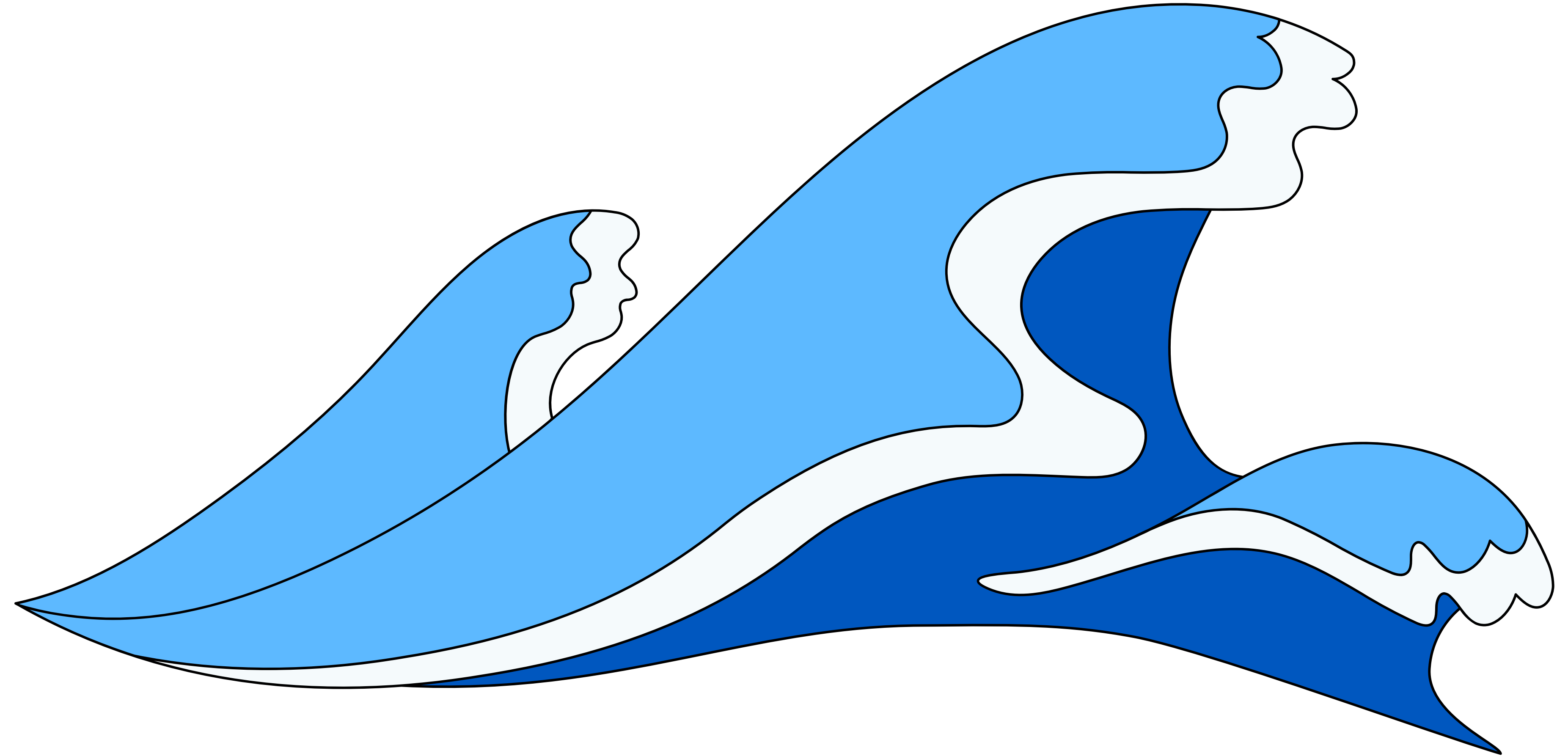


# Riding the Wave of Disappointment



Have the child identify a circumstance that led to disappointment. Write the circumstance and any accompanying intense emotion(s) in the wave image provided. Then cut out the surf board below. In the surf board, write a coping strategy that the child can use to help them "surf the wave of emotion". The child might want to glue or tape the surf board to the wave. Guide and prompt the child as you see appropriate.

