

Primary 5-7 Lesson



Be informed.



Be curious.

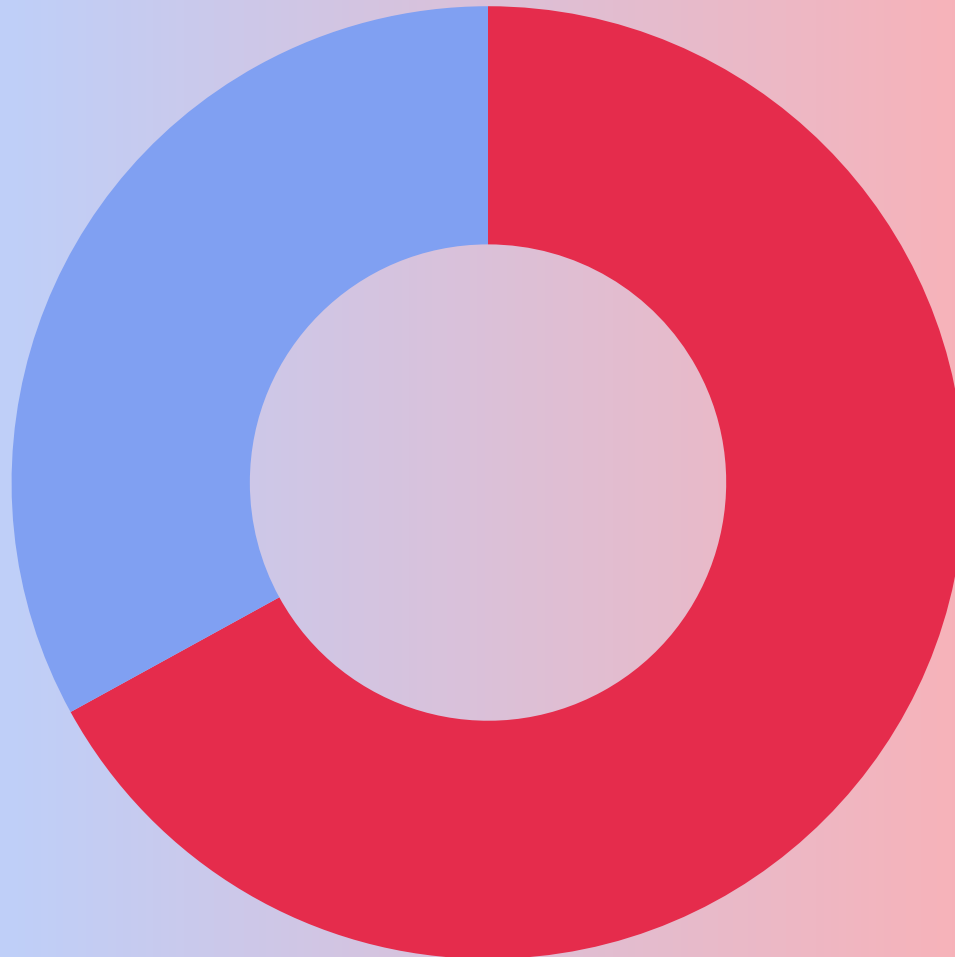


Be heard.

Your latest results: "Is it easy to remember the news?"

Yes

33%



No

67%

8,388 children & young people voted this week! Were you one of them?

Your views on “Is it easy to remember the news?” were also heard by:



The Week
Junior

First News

BBC News

Simple Politics

Sky News



Be informed.



Be curious.



Be heard.

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at primary@votesforschools.com

Today's VoteTopic:

Do you know how to deal with feeling disappointed?

UNCRC Article 29:
Aims of education

UN SDG 3:
Good health &
wellbeing

VfS Key Theme 1:
Health & wellbeing

1 What a feeling!



Whole class activity (3-5 mins)
There are so many **different feelings** to learn about. On the next few slides, you need to work out **which feeling** is being described. Show **1, 2 or 3 fingers** to share your answers!



1 What a feeling!



Which one of these words has the same meaning as surprised?



cheerful

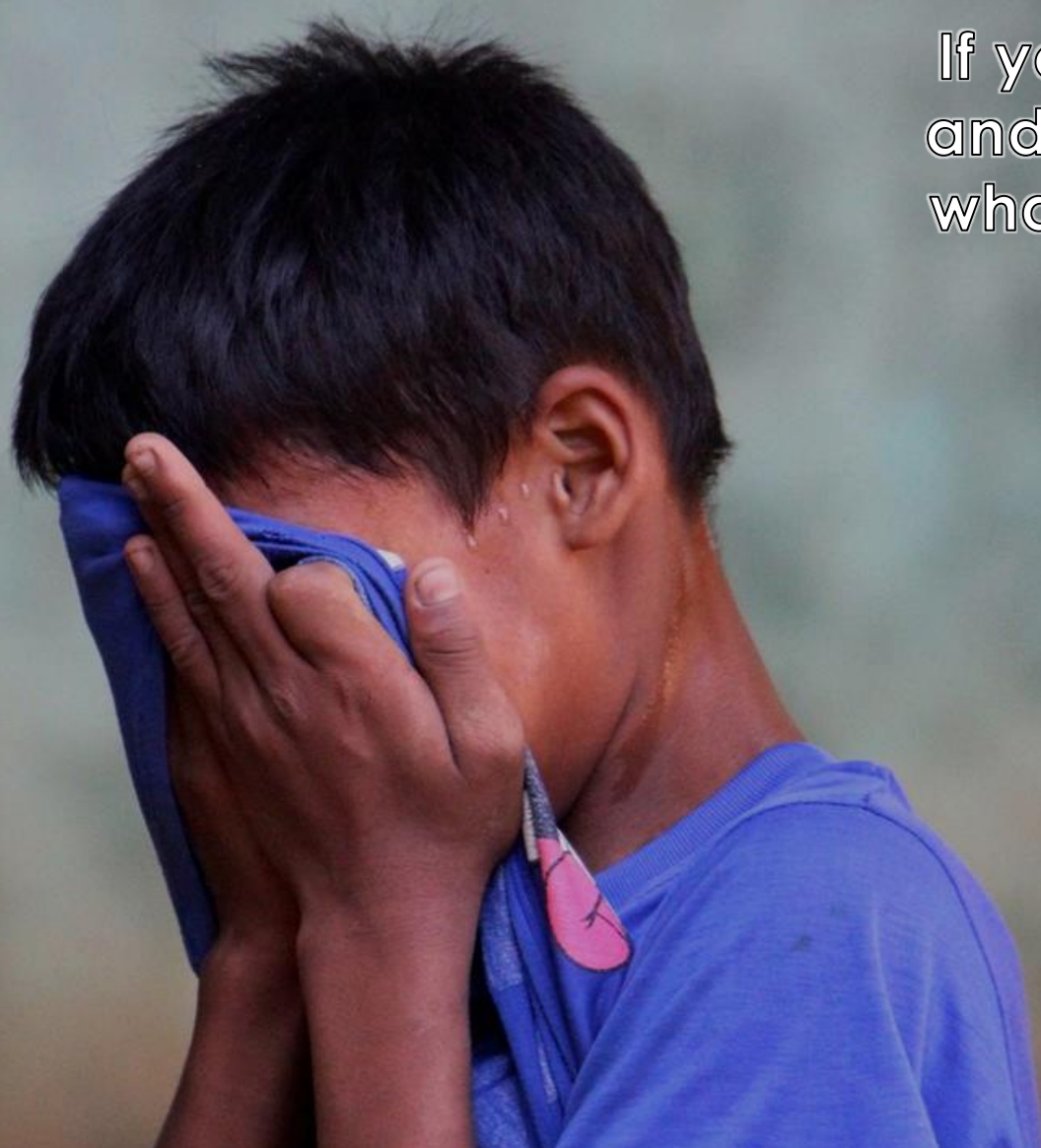


furious



shocked

1 What a feeling!



If you are feeling worried and uncomfortable about what people think of you, it is called feeling:



embarrassed



jealous



joyful

1 What a feeling!



When you are expecting something good, but it does not happen, it is called feeling:



afraid



disappointed



grumpy

1 What a feeling!



When things **do not go to plan**, sometimes we feel **surprised**, **disappointed** or **embarrassed**.

Now let's learn **why we are talking about this**.





This summer, there was a **competition** for **women's football teams** from around the **world**.



This competition was called **The FIFA Women's World Cup**. It is held **every 4 years**.



It was held in **Australia and New Zealand**. **32 teams** took part, and it took a **whole month**.



World Cup:
A **competition** where teams from **across the world** compete to win a trophy.

2 Why are we talking about this?



On Thursday 20th August, **England and Spain** met for the **final match** of the **competition**.

Everyone **felt hopeful**. England had won the European Women's Championships **just last summer**.



England **won 6 matches** in the competition before the final, and they were **feeling ready** for the match.

They played **well**, but **Spain scored a goal** and **England did not**. Spain were the winners!



2 Why are we talking about this?



Of course, it feels very bad now, very disappointing.

Here's what Sarina Wiegman, the Team Manager, had to say...



2 Why are we talking about this?



Feeling disappointed can be very **tricky** to deal with.

Let's see if you know **how to deal** with this **big and important feeling**.

3 Keep your eyes on the prize



Pair activity (8-12 mins)

Now you are going to hear a story.
Sometimes you will **stop and talk** to your partner about what is **happening in the story**.

3 Keep your eyes on the prize



Today was the day of the **big football match**, and **Isra** was so **excited**. She had been **practising for AGES!**

Suddenly, she noticed that her **best friend Sara** was looking a bit **pale**. Her **hands were shaking** while she pulled her trainers on.



How do you think Sara is feeling? How do you know?

3 Keep your eyes on the prize



“You will be amazing Sara,” Isra said gently. “**We can do this! Let’s get on the pitch!**”

How has Isra helped Sara here?

The girls ran off, and soon the match began. **Everything was going well.**



Towards the end of the match, Isra ran up the pitch with the ball, but she **realised that she could not score from where she was.**

3 Keep your eyes on the prize



She **quickly kicked the ball to Sara**, who speedily booted it in the **goal!**

“YES!” shouted the team. The whistle blew, and they **ran together to celebrate their win.**



As Isra slowly walked back to class, a **strange feeling was filling her chest.** Her cheeks were **hot** and her **eyes filled with tears.** What was wrong with her? She **should be feeling happy** right now!

Why might Isra be feeling upset?

3 Keep your eyes on the prize



She made it to the **Reading Corner**, and then took her **favourite squishy toy** out of the class **Calm Box**.



As she squished the toy around, Isra **realised that she was feeling disappointed**. She **really wished** that she had **scored a goal too**.

What do you do when you have a big feeling?



Top Tip 1

Take time and space to think about big feelings.

3 Keep your eyes on the prize



Just then, Sara appeared, and sat down next to her on the beanbags.

“Are you okay?” she asked.

“I feel **disappointed**. I’m **glad** you scored, but **I wanted to score today as well**,” Isra said quietly.



Is it a good thing that Isra has shared her feelings with Sara?

3 Keep your eyes on the prize



Sara thought **carefully**.

"I scored my goal **because you passed me the ball**. And I went on the pitch today **because you helped me**. You were part of our winning!"



What can Isra do to help her score one day?

Isra **felt herself smiling**. She knew this was **true!**



Top Tip 2
Celebrate what went well.

Yet she knew that **she still wanted to score a goal in another match**.

3 Keep your eyes on the prize



Top Tip 3
Make a plan to help you achieve your goals.

Isra **practised every week** with her family.

She **practised at playtime**.

She even **watched some online videos** about how to score goals.

Many weeks later, Isra ran off the pitch **celebrating her first goal for her team!**

What have you learned about dealing with feeling disappointed from Isra's story?



3 Keep your eyes on the prize



Next time you are **feeling disappointed**, use these **top tips** from the story to help you **feel better** and **learn**.



Top Tip 1

Take time and space to think about big feelings.



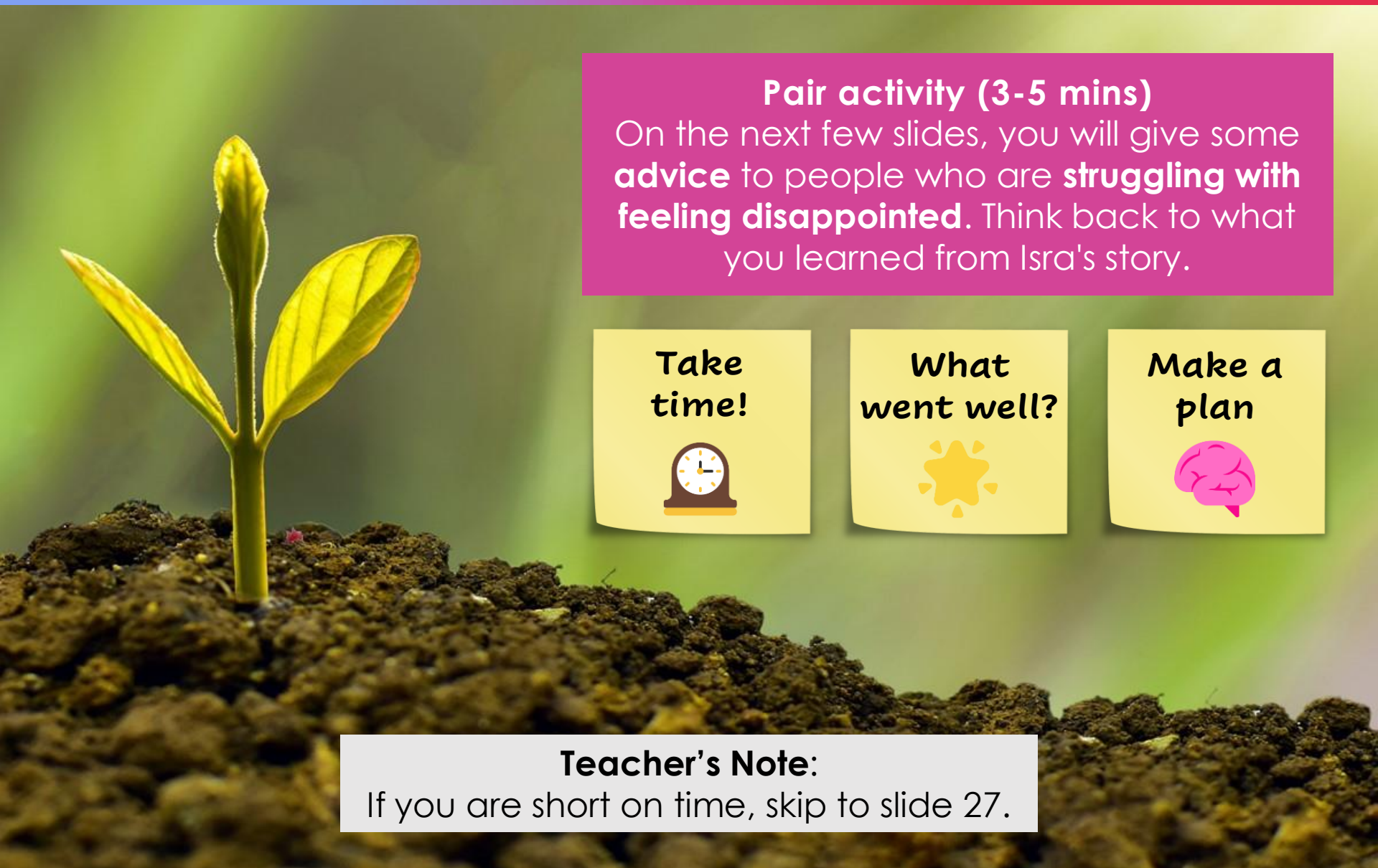
Top Tip 2

Celebrate what went well.



Top Tip 3

Make a plan to help you achieve your goals.



Pair activity (3-5 mins)

On the next few slides, you will give some **advice** to people who are **struggling with feeling disappointed**. Think back to what you learned from Isra's story.

Take time!



What went well?



Make a plan



Teacher's Note:

If you are short on time, skip to slide 27.



Ibrahim is feeling disappointed because he **lost at Snakes and Ladders**. He **feels so upset and angry**.



What advice would you give?

Take time!



What went well?



Make a plan





Michael is feeling disappointed because he **got 3 out of 5 on his spelling test. Everyone else** on his table got a higher score.

What advice would you give?

Take time!



What went well?



Make a plan





Maryam is feeling disappointed because she **did not get to play tennis for her school**. She wants to **give up**.



What advice would you give?

Take time!



What went well?



Make a plan



5 The ball's in your court



Individual activity (1-2 mins)
Think about how **you deal with feeling disappointed**.
If **you find this easier**, move to the **left of the classroom**.
If you find **this trickier**, move to the **right of the classroom**.

Now's your chance to vote on: "Do you know how to deal with feeling disappointed?"

Yes

I normally feel better quite quickly. I think I am good about moving onto my next step!

I can get disappointed, but I tell myself about all the good things going on instead.

It is okay to feel disappointed for a bit, but I know how to get help to feel better.

I really struggle to feel better when I am disappointed. It makes me feel really rubbish.

I need more help to learn how to handle disappointment. It really upsets me.

I try, but feeling disappointed takes over my whole body and I never know what to do next.

No

We will be sharing your thoughts on this topic with the Football Association, How to Fail podcast, Dr Radha (BBC Radio 1), Women in Football and FIFA.

Log in to your VotesforSchools account to submit your vote and leave a comment.