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**SOCIAL,  
EMOTIONAL,  
AND MENTAL  
HEALTH  
RESOURCE  
ARTICLES**

# COPING WITH DISAPPOINTMENT

(ORIGINALLY PUBLISHED ON 7/9/2020)



As we continue to navigate the various challenges associated with COVID-19, dealing with disappointments such as missing out on camp, gatherings with friends and family, or family vacations, may be difficult for our children and even adults to process. Childmind.org contributing author Christina Frank provides parents with tools to help children and parents cope with disappointment during the coronavirus crisis. Listening to and validating your child's feelings and including your child in planning activities they can participate in to give them a sense of control, are just a few of the tips provided by the author. Please read [How to Help Your Kids Handle Disappointment](#) to learn more. Parents may also find an additional article, [How to Help Kids Cope with Disappointment](#) written by Katie Hurley, as a helpful resource. In this article, Hurley reminds parents to "be a guide, not a fixer" and to help manage their child's expectations.



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# SESAME STREET CARING WORKSHOP

(ORIGINALLY PUBLISHED ON 6/15/2020)



For over 50 years, Sesame Street has contributed to the learning and development of children. In response to the events impacting our nation and world, Sesame Street and CNN have partnered to help families learn, grow, and care for one another.

[Sesame Street Caring Workshop](#): Interactive games and activities designed to help families cope during this stressful time.

Sesame Street and CNN Town Halls: Topics include [COVID-19](#) and [race](#).