

Tatjana Gjurković i Tea Knežević

Unmet expectations hurt:  
**Turtle feels  
disappointed**

Illustrations:  
Jelena Brezovec



Complex emotions:  
**DISAPPOINTMENT**

+  
Advice for parents  
and teachers



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Young children have big wishes, dreams and expectations, they like to be surprised, and they also like to receive promises. If any of the above are not fulfilled, the feeling of disappointment appears as a combination of other unpleasant emotions.

Disappointment is one of the so-called complex emotions because it's most often a combination of emotions of sadness, anger, resentment or discouragement.

Very often, children receive or ask for promises from their parents and other adults. Promises are sometimes a method of upbringing (if you behave like this or do this, you will get that), sometimes they are a reward for desirable behaviour or success, and sometimes they are said just to calm or please the child. If for any reason the adults cannot fulfil the promise they made, the child will feel disappointed.

From the parent's perspective, nothing terrible has happened if the child's wish is not fulfilled when they expected it, because there are other opportunities for the child to fulfil what was promised to him. But from a child's perspective, disappointment is very unpleasant, anger and sadness are real and strong, and the child needs help from adults to cope with this emotion.

This picture book tells a therapeutic story about a turtle who was promised sweets, but her parents forgot about their promise.

At the end of the picture book, there are tips for parents and adults on how to approach a child who feels disappointed and help them work through this emotion.

Reading to your child, your soothing voice, attention and the closeness you establish with the child you are reading to, is a big step on the path to healthy development of your little one.

Enjoy these moments together. ♥

”

Hi! I'm a turtle and I love eating strawberries!  
Do you love strawberries too?

Last week my parents promised to bring me strawberries, but then something bad happened – they forgot! They simply forgot about their promise. I felt very disappointed and sad, and I was a little bit angry.

Make yourself comfy and listen  
to my story...



One morning, mother and father turtles had some very important business, so they took their turtle daughter to spend time with her grandmother.

– Honey, you will stay at your grandma’s today, and when your dad and I come back to pick you up, we will bring you sweet, tasty strawberries – mum promised her before they went.

– Strawberries?! Yees! – that made a little turtle very happy – I haven’t eaten them in such a long time!

Little turtle loved strawberries so much. That was her favourite fruit! That is why she looked forward to mum’s promise so much.





Little turtle and her grandma spent the entire day enjoying the sun, birds' singing, swimming and playing in the water. Little turtle remembered the strawberries a few times that were promised to her. She already had a plan, and she told her grandmother:

– I know! I will eat half the strawberries for dinner tonight, and I will leave the other half for ice-cream tomorrow!

Grandma gave her a few more excellent ideas on how to prepare tasty strawberry meals. The two of them were having such a good time.

– Grandma, look what I can do! – little turtle shouted cheerfully and jumped from the diving board.

Splash! She made a loud noise when her shell touched the water.

– Oh darling, what a good jump and loud “splash” that was! – grandma said proudly, and little turtle send her a big kiss from the water.

As the warm and hot afternoon was coming to an end, parents came back to pick up their little turtle. She was still playing in the lake with her friends when she heard grandma calling for her:

– Come, little turtle! Your mum and dad are back!

She immediately said goodbye to her friends and ran towards her grandma's house.

– My love how was your day? – mum asked her gently.

– Great! And where have you been? – little turtle was curious.

– We went to the bank and to the dentist – mum answered and gave her a big, strong hug.

Dad also came to say hi and give her a hug and then continued to talk to grandma.

Little turtle was happy to see her mum and dad, but she was also very impatient to get the strawberries they had promised her in the morning and which she had been looking forward to the entire day.

