



Yesterday, I was trying to build a block tower, but it kept falling over. I felt so stuck and upset. I was frustrated



Frustration happens when I'm trying to do something, but it doesn't work the way I want



I feel frustrated when I can't finish something, even when I try really hard



Frustration can also happen when things take longer than I thought they would



When I feel frustrated, my body feels tight, and my hands might ball into fists



My face might feel hot, and I might want to yell or stomp my feet



Sometimes, frustration makes me want to stop trying and walk away



It's okay to feel frustrated. Everyone feels this way sometimes, even grown-ups



Frustration tells me that I care about doing something well or getting it done



It can also remind me that I need more time or a different way to finish what I started



Sometimes, frustration makes me feel like giving up, but it's important to try again



When I take a break or ask for help, I can feel calmer and try again with a new idea



Frustration is like a puzzle. It's hard at first, but I can find a way to fit the pieces together



I learned that frustration doesn't last forever. It comes and goes like waves in the ocean



**When I understand frustration,
I can see it as a challenge
instead of a stop sign**



**Now I know that frustration
helps me learn, grow, and try
new ways to solve problems**



Vocabulary

- Frustration

A: Feeling upset when something is hard to do

B: Feeling happy when things go well

- Puzzle

A: A book to read

B: Something with pieces that need to fit together

- Challenge

A: Something hard but worth trying

B: Something easy to do

- Try Again

A: To stop trying and walk away

B: To keep working on something after it doesn't work the first time

- Break

A: Taking time to rest or think

B: Finishing something quickly



Spellings

A: Tangled

B: Tangaed

A: Frustrated

B: Frustated

A: Sometimes

B: Somtines

A: Rimind

B: Remind

A: Importent

B: Important

A: Brek

B: Break

A: Puzzle

B: Puzzal

A: Challenge

B: Chalange



Comprehension

- What made the child in the story feel frustrated?
A: Their block tower kept falling down
B: They lost their toy

- What happens to the child's body when they feel frustrated?
A: They feel sleepy and relaxed
B: Their muscles feel tight, and their face gets hot

- What does frustration tell us?
A: That we care about doing something well
B: That we should stop trying

- What can help when we feel frustrated?
A: Taking a break or asking for help
B: Throwing things

- What did the child learn about frustration?
A: It helps us learn and try new ways to solve problems
B: It means we should give up



Open-Ended Questions

- What is something that makes you feel frustrated?

- What does your body feel like when you are frustrated?

- What helps you feel better when you are stuck or upset?

- Can you think of a time when you tried again and it worked?



Creative Activity

- **Draw Your Frustration Puzzle**

Ask the child to draw a puzzle with one piece missing. Then, draw or write what helps them "find the missing piece" when they feel frustrated

- **Frustration Journal**

Create a mini-journal where the child can draw or write about times they felt frustrated and how they solved the problem



Role-Play Activity

- **Scenario 1**

Act out a situation where a toy doesn't work or a tower falls. Practice taking deep breaths, asking for help, and trying again

- **Scenario 2**

Pretend the child is waiting in line. Practice ways to stay calm, like humming a song or counting to ten

- **Scenario 3**

Role-play asking for help from a parent, teacher, or friend when something feels too hard