



This morning, I tried to tie my shoes, but the laces kept coming undone. I felt frustrated



Frustration is a strong feeling I get when something is hard, and it doesn't work the way I want



When I feel frustrated, my face gets warm, and my body feels tight. I might want to yell or give up



One way to handle frustration is to stop and take a deep breath. Breathing helps my body calm down



If I'm still frustrated, I can take a short break and do something else for a while



After my break, I feel ready to try again. Frustration doesn't mean I should give up—it means I need to keep trying



Sometimes, asking for help is a good idea. I can ask a parent, teacher, or friend to show me a new way



When someone helps me, I learn new ways to solve the problem. Learning makes me feel proud!



When I feel frustrated, I can also tell myself, 'It's okay to make mistakes. I'm learning, and I'll get better'



Another way to handle frustration is to use my hands to do something else, like drawing or squeezing a stress ball



When I take deep breaths, take a break, or ask for help, I start to feel less frustrated



Trying again after a break helps me feel stronger and more confident



**Frustration is like a puzzle.
When I solve it, I feel proud of
what I've done**



**Now, when I feel frustrated, I
know I can take a breath, try
again, or ask for help**



**Frustration doesn't last forever.
It's a chance to learn and grow,
and I know how to handle it now**



Vocabulary

- Frustrated

A: Feeling upset when something is hard to do

B: Feeling excited when things are fun

- Break

A: Stopping forever

B: Taking time to rest or think

- Help

A: When someone shows you how to do something

B: Doing everything by yourself

- Mistake

A: Something that cannot be changed

B: Something that isn't right but can be fixed

- Try Again

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

B: To stop and give up



Spellings

A: Morning

B: Monning

A: Lases

B: Laces

A: Tite

B: Tight

A: Handel

B: Handle

A: While

B: Whil

A: Parant

B: Parent

A: Friand

B: Friend

A: Proud

B: Prowd



Comprehension

- What made the child in the story feel frustrated?
A: They lost their toy
B: They couldn't tie their shoes

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

- What is one way to feel less frustrated?
A: Take a deep breath
B: Yell loudly

- Who can help when the child feels frustrated?
A: A parent, teacher, or friend
B: Nobody

- What did the child learn about frustration?
A: Frustration means they should give up
B: It's okay to make mistakes, and they can try again



Open-Ended Questions

- What is something that makes you feel frustrated?

- Who can you ask for help when you feel stuck?

- What helps you feel better when you're frustrated?

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



Creative Activity

- **Draw Your Frustration Puzzle**

Ask the child to draw something that makes them feel frustrated, then draw or write what helps them solve the "puzzle"

- **Create a "Calm Card"**

Help the child make a small card with a list of things they can do when they feel frustrated, like "Take a breath," "Ask for help," or "Take a break"



Role-Play Activity

- **Scenario 1**

Pretend they are struggling to complete a puzzle. Practice taking a break, asking for help, or trying again

- **Scenario 2**

Act out tying shoes with tangled laces. Guide them to take a deep breath and ask for help

- **Scenario 3**

Practice handling frustration when waiting for their turn in a game. Encourage them to count to five or hum a song to stay calm