

Handling Frustration

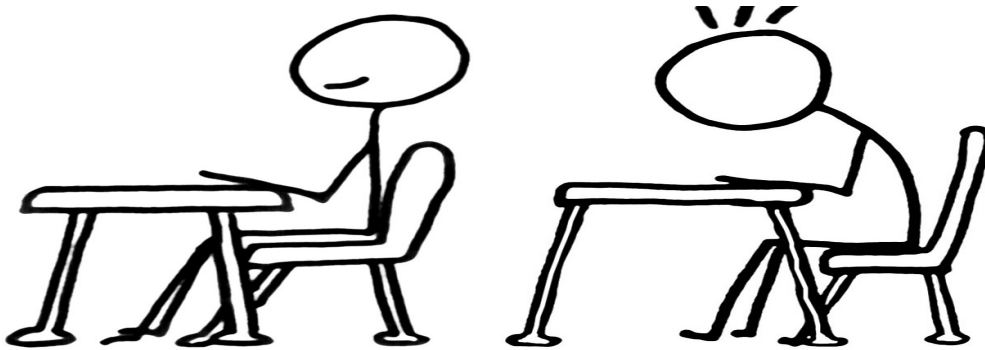
Everybody experiences frustration sometimes. When you are feeling frustrated, the best thing you can do is to breathe deeply and slowly count to 10. Then try and solve the problem that is frustrating you.

The Story of Steven

Steven was really good at math, but he had a difficult time learning French. His teacher gave the class a list of 10 Spanish words to learn earlier in the week and now she was giving a surprise quiz. Steven stared at the list of words, and he couldn't even remember what one word meant.

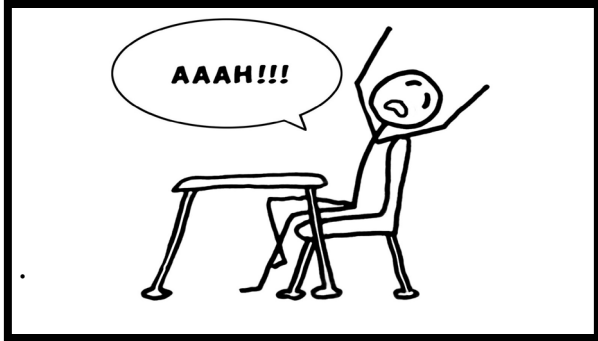
What subject do you find easy at school?

What subject do you find hard?



What Should Happen Now?

List three things that Steven shouldn't do.

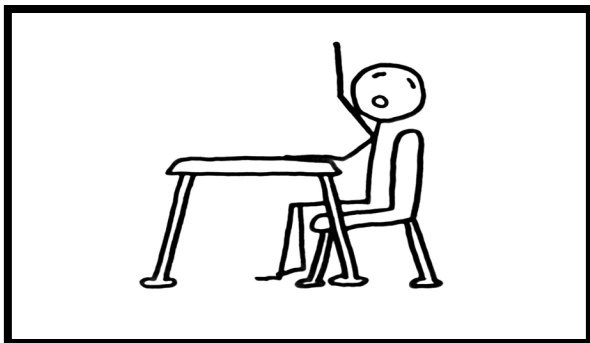


1. _____

2. _____

3. _____

List three things that Steven should do to solve this problem.

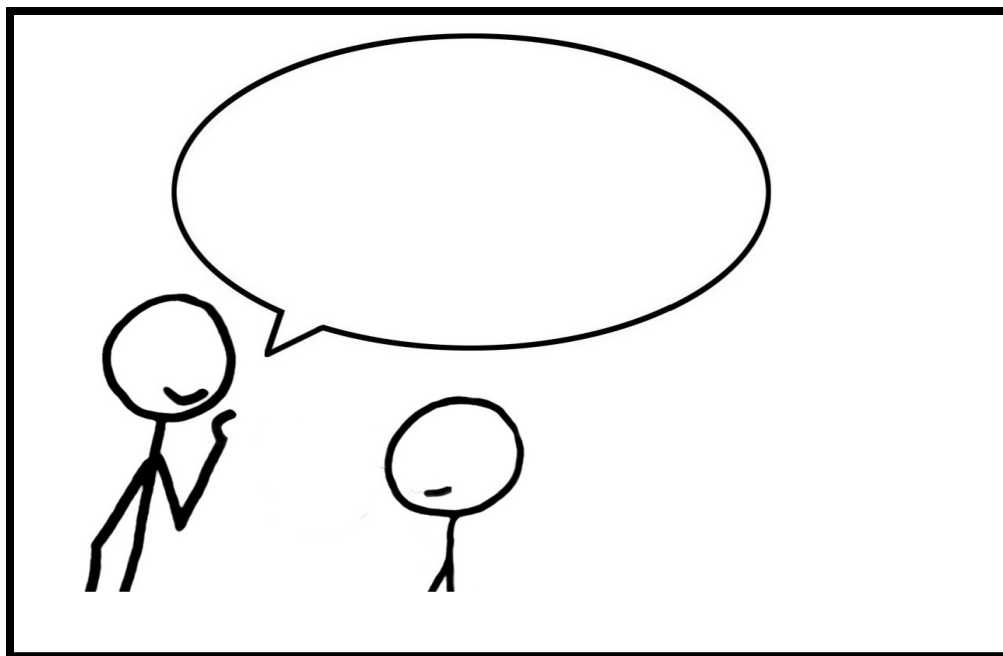


1. _____

2. _____

3. _____

If you were Steven's teacher, what would you tell him to do the next time he felt very frustrated? Write your response in the cartoon below.



Now write down something that frustrates you.

Write down three positive ways to handle your frustration.
