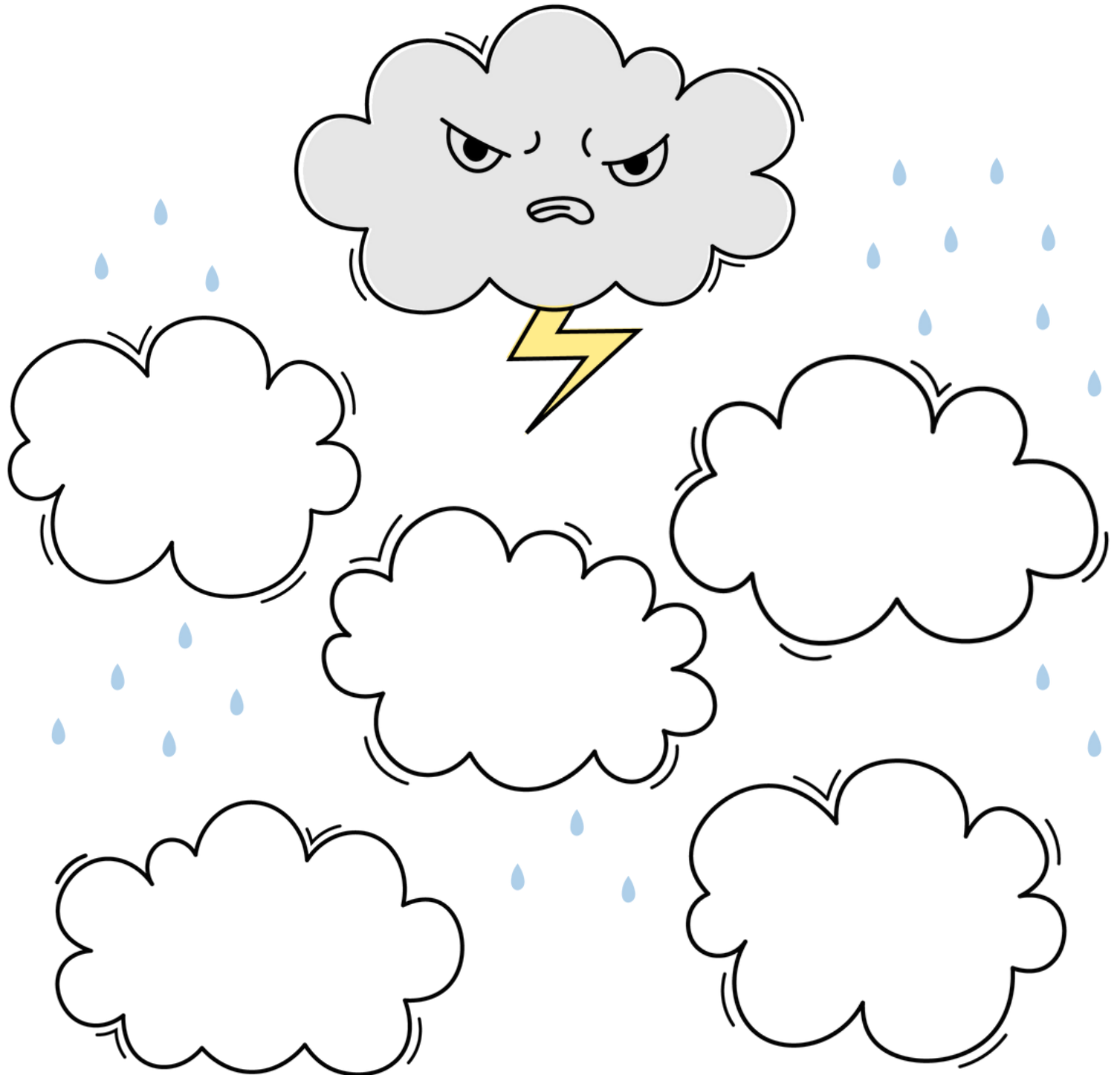


# MY FRUSTRATION STORM STARTERS

Sometimes we get SO frustrated! It can feel like a big storm with heavy rain and loud thunder. What makes you frustrated like that? Write on the clouds below.



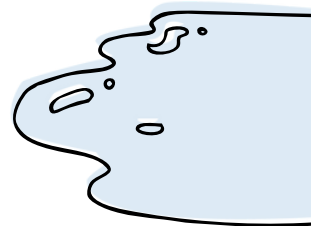
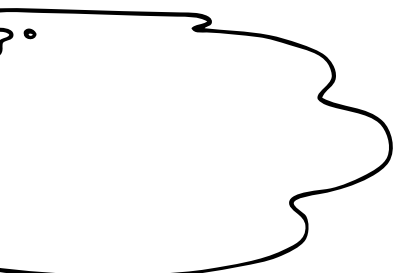


## What happens when you are very frustrated?

Circle what you sometimes do when you're feeling frustrated or very upset.

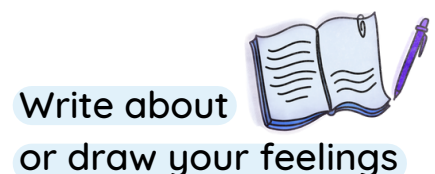
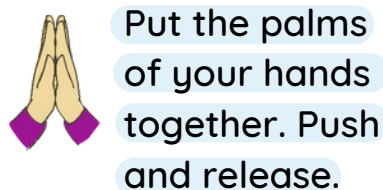
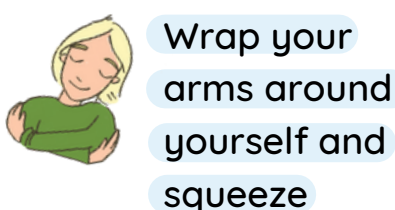
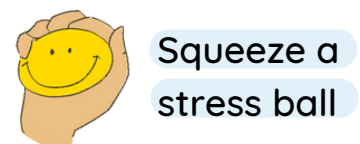
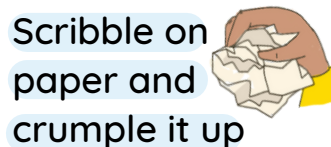
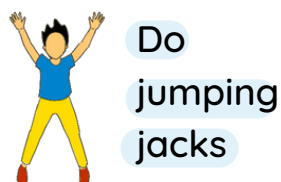
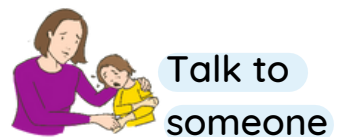
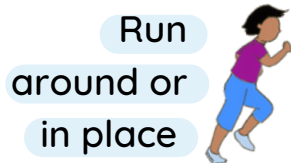
- |                 |               |              |                     |                   |
|-----------------|---------------|--------------|---------------------|-------------------|
| talk back       | hit others    | throw things | slam doors          | run away          |
| yell and scream | spit          | cry          | hit myself          | yell "go away!"   |
| clench fists    |               |              |                     |                   |
| give mean looks | huff and puff | growl        | pace back and front | roll on the floor |
| break things    | hide          | push         | scratch             | shut down         |

Draw yourself being angry here:



# BLOWING MY FRUSTRATION STORM AWAY

Like a strong wind blowing storm clouds away, you can use these strategies to blow away your frustration:



DOORS OPEN AUGUST 17TH, 2021

# Build Your Child's Frustration Tolerance

MASTERCLASS  
FOR PARENTS & PROVIDERS



Got an easily frustrated child?  
Give them the tools they need to  
cope with frustration, become  
more flexible, and finish what  
they start.

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