



Name: _____

Your muscles are tense. You're starting to feel queasy. You want to scream! What's going on? Are you sick? No! You're just feeling frustrated. When you're doing something difficult, or trying to master something new, it's common to feel frustrated.

With an adult family member, answer the questions about frustration below. Thinking about the situations in which you feel frustration, then coming up with ways to calm down when you do, will help you handle frustration before it handles you!

Student: I feel frustrated when: _____

Adult: I feel frustrated when: _____

When I feel frustrated I calm down by (tick all that apply):



Student	Adult	How to Calm Down
<input type="checkbox"/>	<input type="checkbox"/>	Using deep, centred breathing
<input type="checkbox"/>	<input type="checkbox"/>	Counting
<input type="checkbox"/>	<input type="checkbox"/>	Using positive self-talk
<input type="checkbox"/>	<input type="checkbox"/>	Walking away
<input type="checkbox"/>	<input type="checkbox"/>	Taking a break
<input type="checkbox"/>	<input type="checkbox"/>	Other:

How to Calm Down
 Stop—use your signal
 Name your feeling
 Calm down:

- Breathe
- Count
- Use positive self-talk

Student: The next time I feel frustrated in the situation I named above, I can say to myself (positive self-talk statement):

Adult: The next time I feel frustrated in the situation I named above, I can say to myself (positive self-talk statement):

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)