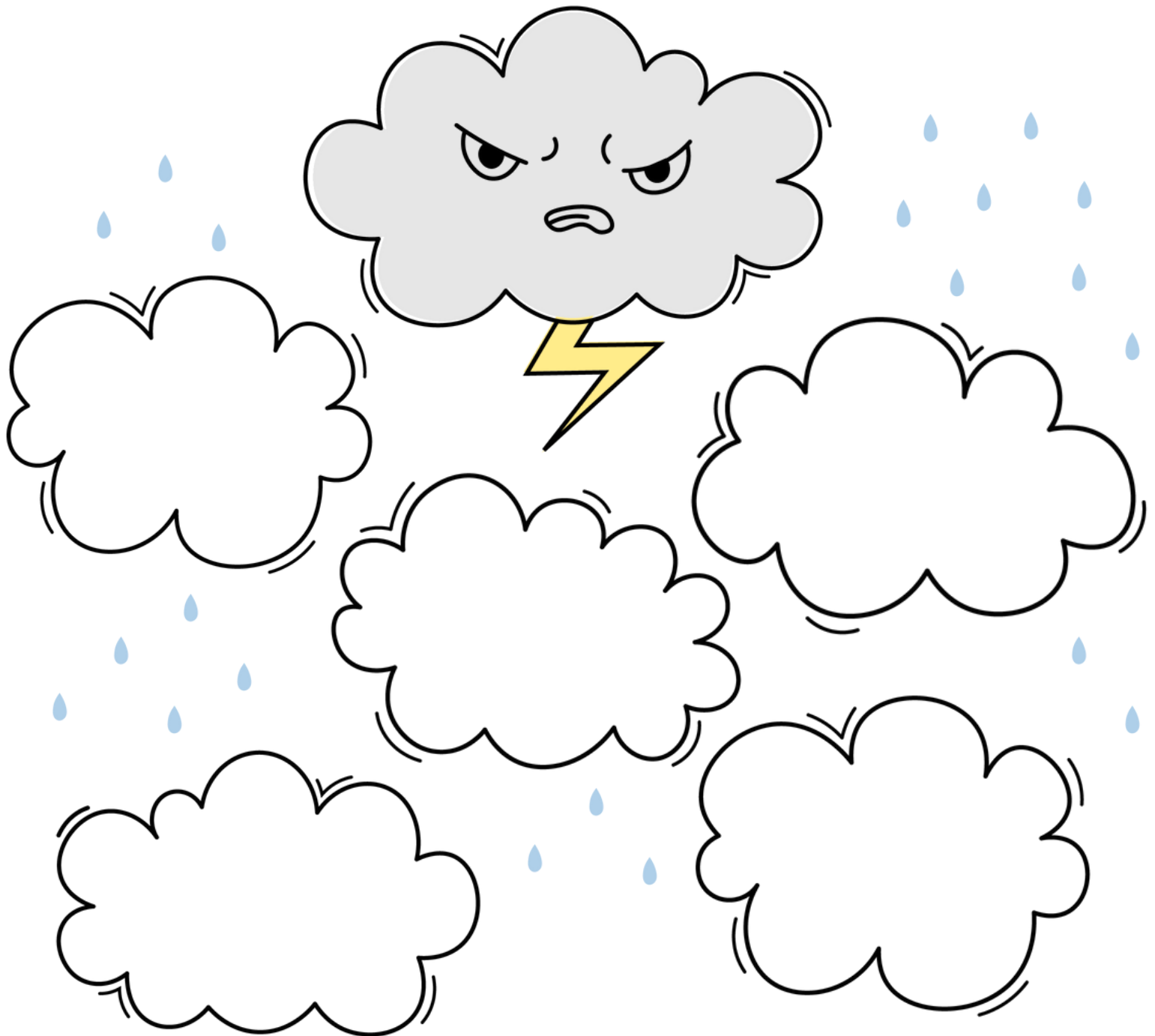


MY FRUSTRATION STORM STARTERS

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.





MY FRUSTRATION STORM

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

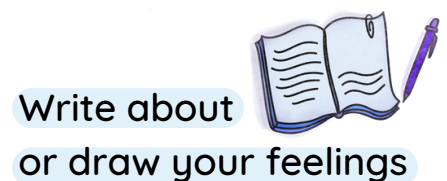
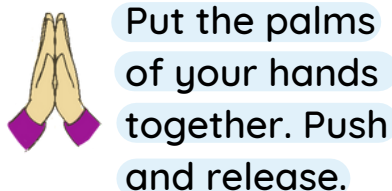
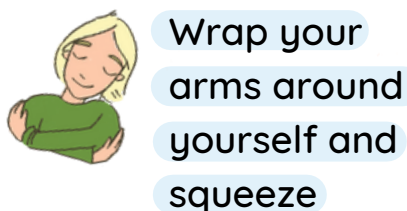
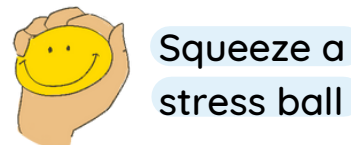
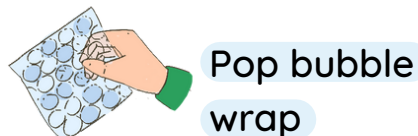
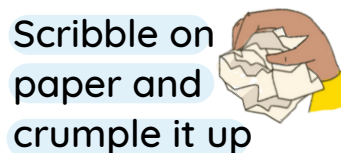
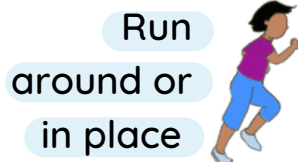
scratch

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.

[Click here to get on the
Early Bird List.](#)

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