When I Get Frustrated

Created by Screening & Intervention at Early Learning Coalition of Pinellas County, Inc.
Sometimes when I get frustrated, I make poor choices. This can hurt my friends and make my teacher sad.
When I feel like yelling, I can say “I’m frustrated.”
When I want to hide or run away, I can take a break in the calm down corner.
When I feel like kicking my friends, I can walk away.
When I want to bite someone, I can squeeze my hands together and drain.

Hands in front, fists tight and let it all go.
When I feel like pushing my friend, I can push the wall to let it out.
When I want to throw toys, I can practice yoga to calm down.
When I feel like hitting my friends, I can stop and take a deep breath.

In through your nose and out through your mouth.
Playing with playdough, painting and enjoying the sand & water table, can help me calm down too.
Being frustrated is hard and it doesn’t feel good. Everyone is happy when I am mindful of others and calm down. I am happy too.
What does being mindful mean? Taking care of me. Thinking of others. Noticing what's happening around me. Taking care of our earth and it's creatures. Caring for our classroom.
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