

FRUSTRATION TOLERANCE WORKBOOK FOR KIDS



Frustration Tolerance

WHAT IS FRUSTRATION TOLERANCE?

Frustration Tolerance is the ability to withstand or manage feelings of frustration that arise when we encounter obstacles, delays, or unmet expectations. It's a crucial life skill that enables individuals, especially children, to navigate challenges without becoming overwhelmed, giving up, or resorting to impulsive behaviors



When a child has a high level of frustration tolerance, they're better equipped to stay calm and problem-solve, even when situations don't go as planned. This skill is essential in everyday situations, such as working on difficult homework, dealing with a conflict among friends, or waiting for a turn in a game. Conversely, a lower frustration tolerance may lead to feelings of helplessness, increased anger, or a tendency to avoid challenging situations altogether, which can hinder emotional development and social interactions. Frustration tolerance can be seen as a component of emotional resilience, as it helps children develop patience, perseverance, and adaptability. By practicing frustration tolerance, children can learn to approach life's hurdles with a mindset that fosters growth, emotional regulation, and self-confidence.

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WHY IS FRUSTRATION TOLERANCE IMPORTANT?

Frustration Tolerance is a foundational skill that underpins emotional well-being, problem-solving, and healthy social interactions. Developing frustration tolerance is particularly important for children as it equips them with the resilience to face challenges constructively, without being overwhelmed by negative emotions or giving up prematurely.



Here's why frustration tolerance is critical:

- **Emotional Regulation:** When children can manage frustration, they're better able to stay calm and control impulsive reactions, such as outbursts or giving up. This skill helps them recognize and process emotions in a balanced way, which is essential for mental health and emotional maturity.

- **Social Skills and Relationship Building:** Children with strong frustration tolerance tend to navigate social situations more effectively. They're better equipped to handle disagreements, take turns, and cooperate with peers, building positive relationships and developing empathy.

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- **Academic and Personal Achievement:** Frustration tolerance is linked to perseverance. Children with this skill are more likely to persist through difficult tasks whether it's learning new math concepts, reading a challenging book, or practicing a sport—leading to increased competence and self-confidence. It also prepares them to handle constructive criticism and setbacks positively.
- **Stress Management and Resilience:** Frustration tolerance is a core part of resilience, or the ability to "bounce back" from setbacks. Children who develop this tolerance learn that frustration is a natural part of growth and problem-solving, and they become better at managing stress, reducing the likelihood of experiencing anxiety or other stress-related issues.
- **Preparation for Real-World Challenges:** Life is filled with obstacles and delays, and cultivating frustration tolerance in childhood is crucial for handling these realities in adulthood. It promotes adaptability, patience, and a growth-oriented mindset, which are valuable in all aspects of life, from education and career to personal relationships.

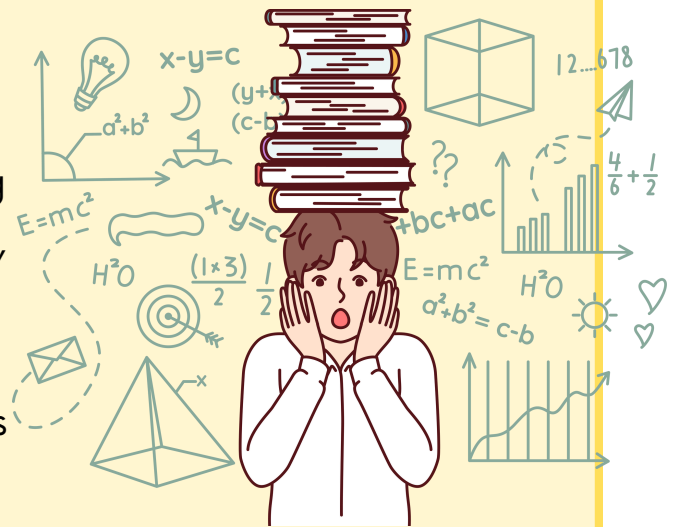
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FRUSTRATION TOLERANCE BENEFITS FOR SCHOOL, FRIENDSHIPS, AND HOME

Frustration Tolerance is a vital skill that benefits children across multiple areas of life, including school, friendships, and home. This ability helps them manage challenges constructively, persevere in difficult situations, and respond to stress with patience and resilience.

BENEFITS FOR SCHOOL:

- **Academic Persistence:** Children with high frustration tolerance are more likely to stick with challenging assignments, work through mistakes, and complete difficult tasks. This persistence helps them develop problem-solving skills and promotes academic success.
- **Improved Focus and Attention:** When students learn to manage frustration, they are less likely to be distracted by stress and are better able to focus on their tasks. This enhances their ability to learn new material and stay engaged in the classroom.



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- **Constructive Response to Feedback:** Frustration tolerance allows children to handle constructive criticism and feedback positively, viewing it as a chance to grow rather than a setback. This attitude supports continuous improvement and a growth mindset.

BENEFITS FOR FRIENDSHIPS:

- **Constructive Response to Feedback:** Frustration tolerance allows children to handle constructive criticism and feedback positively, viewing it as a chance to grow rather than a setback. This attitude supports continuous improvement and a growth mindset.
- **Patience and Empathy:** When children can manage their frustration, they are more patient and empathetic toward their friends. They can wait their turn, share, and support others, which strengthens social bonds and creates a more supportive peer group.
- **Reduced Social Anxiety:** By managing frustration, children become more comfortable in social situations, less likely to feel overwhelmed or discouraged by social challenges. This comfort allows them to make and maintain friendships more easily, contributing to positive social development.



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BENEFITS FOR HOME LIFE:

- **Reduced Tantrums and Outbursts:**

Frustration tolerance helps children regulate their emotions, reducing the likelihood of tantrums, outbursts, or meltdowns at home. This makes family interactions smoother and more pleasant.

- **Independence and Responsibility:** Children with strong frustration tolerance can handle tasks independently without becoming easily discouraged. They're more willing to complete household chores or homework on their own, building a sense of responsibility and self-reliance.

- **Better Communication with Family Members:** A child with high frustration tolerance can communicate their needs and emotions more effectively. They are less likely to shut down or lash out, which fosters open, respectful family communication and a supportive home environment.



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GOALS OF THIS WORKBOOK

- **SKILLS TO MANAGE FRUSTRATION**

Skill	Description	Example Activities
Emotional Awareness	Recognizing and identifying feelings, including frustration, as they arise.	Feelings chart, journaling about emotions
Breathing Techniques	Using deep, slow breaths to calm the body and mind during moments of frustration.	"4-7-8" breathing exercise, "Belly Breathing" practice
Positive Self-Talk	Using encouraging and constructive thoughts to reduce negative feelings.	Creating a list of positive phrases, practicing affirmations
Problem-Solving	Breaking down challenges into smaller steps and brainstorming solutions.	Step-by-step problem-solving worksheets, role-play

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Skill	Description	Example Activities
Distraction Techniques	Shifting attention to a calming or enjoyable activity to reduce the intensity of frustration.	Coloring, listening to music, playing with a fidget tool
Mindfulness and Grounding	Focusing on the present moment to help reduce stress and frustration.	"5-4-3-2-1" sensory exercise, mindful observation
Self-Reflection	Reflecting on frustrating experiences to identify triggers and learn from them.	Journaling prompts, guided discussion
Practicing Patience	Engaging in activities that require waiting and patience.	Waiting games, delayed gratification exercises.
Setting Realistic Goals	Setting achievable, small goals to build tolerance and perseverance.	Goal-setting activities, tracking progress with rewards
Assertive Communication	Expressing feelings and needs clearly and respectfully to others.	Role-playing communication skills, practicing "I" statements

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- **DEVELOPING PATIENCE AND PERSEVERANCE**

Component	Description	Practical Activities	Benefits
Understanding Delays	Learning to accept that some things take time	Waiting games Timed activities (e.g., puzzles) Practicing delayed gratification	Teaches children that good things often require patience
Setting Small Goals	Breaking down tasks into manageable steps	Create step-by-step lists Use checklists Reward completion of each step	Builds self-confidence and reduces overwhelm
Managing Emotions	Recognizing feelings like frustration and anger that can arise while waiting	Deep breathing exercises Emotion labeling Creating a "calm-down" corner	Encourages emotional awareness and control

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Component	Description	Practical Activities	Benefits
Developing Self-Talk	Using positive phrases to stay motivated during challenging tasks	Encourage self-talk practice (e.g., "I can do this!") Role-playing scenarios	Helps children build resilience and reduces negative thinking
Practice Patience	Engaging in activities that require waiting or perseverance	Planting and caring for a plant Practicing mindfulness Playing "waiting" games	Builds tolerance for delayed outcomes and improves focus
Reflecting on Progress	Reflecting on challenges faced and accomplishments achieved	Journaling experiences Discussing struggles and successes Celebrating small wins	Fosters a growth mindset and reinforces the value of perseverance
Building Problem-Solving Skills	Learning to navigate challenges and find alternative solutions	Brainstorming sessions Trying different strategies in games Discussing solutions	Enhances critical thinking and adaptability

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RECOGNIZING COMMON FEELINGS ASSOCIATED WITH FRUSTRATION (E.G., ANGER, SADNESS, DISAPPOINTMENT)

INSTRUCTIONS:

This worksheet will help you identify and understand feelings that can come up when you feel frustrated. Take your time to think about each question and express your thoughts honestly.

PART 1: FEELINGS AND EMOTIONS:

- **WHAT IS FRUSTRATION?**

Write your own definition of frustration.



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- **COMMON FEELINGS RELATED TO FRUSTRATION**

Below are some feelings that people often experience when they are frustrated. Read each feeling and think about a time you felt this way.

Feeling	Definition	Draw or Write About a Time You Felt This Way
Anger	A strong feeling of displeasure or hostility.	
Sadness	A feeling of sorrow or unhappiness.	
Disappointment	A feeling of sadness when something does not go as expected.	
Anxiety	A feeling of worry or unease about what might happen.	
Confusion	A feeling of uncertainty or lack of understanding	

- **THINK ABOUT A RECENT TIME YOU FELT FRUSTRATED.**

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- What happened?



- **WHAT FEELINGS DID YOU EXPERIENCE?**

- Check all the feelings you felt during that time:

- **Anger** ☐
- **Sadness** ☐
- **Disappointment** ☐
- **Anxiety** ☐
- **Confusion** ☐
- **Other:** ☐

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- **DESCRIBE YOUR FEELINGS:**

- Choose one of the feelings from your checklist and describe how it felt in your body.



PART 3: MANAGING FEELINGS:

- **WHAT CAN YOU DO WHEN YOU FEEL THESE EMOTIONS?**

- Write down two things you can do to help yourself feel better when you experience frustration:



1

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2

- **DRAW OR COLOR:**

- Draw a picture that represents how you feel when you're frustrated. Use colors that match your emotions!

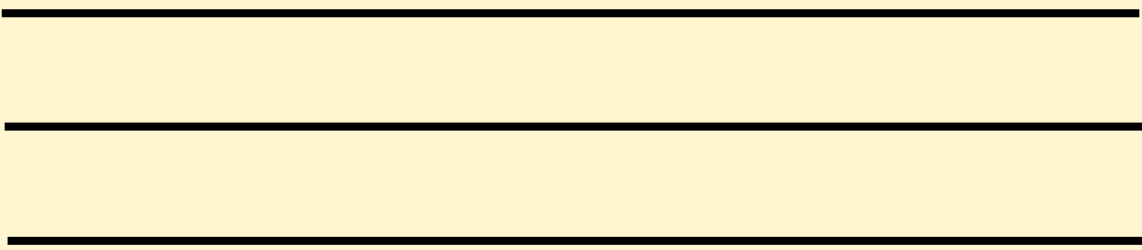


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PART 4: REFLECTION:

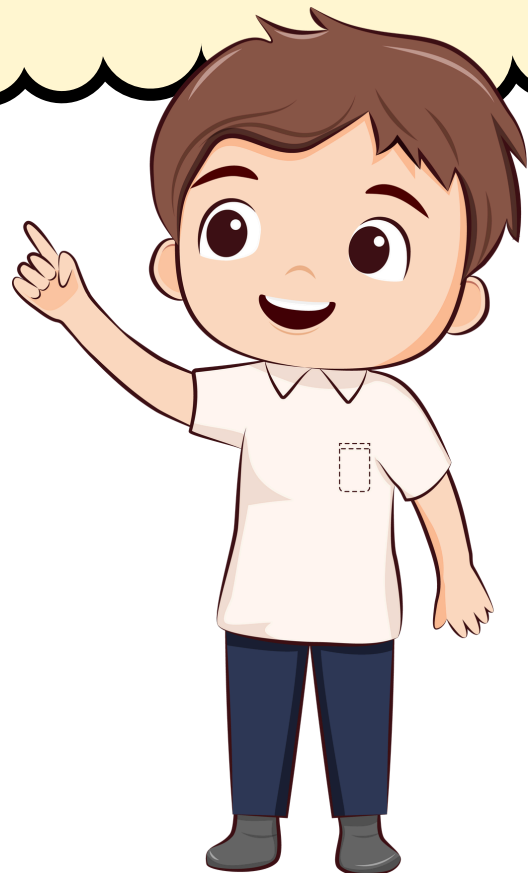
- **REFLECTION QUESTION:**

- How can recognizing your feelings help you deal with frustration better?



- **REMEMBER:**

It's okay to feel frustrated! The important thing is to recognize your feelings and find healthy ways to cope with them. You can talk to someone you trust or use your coping strategies to feel better.

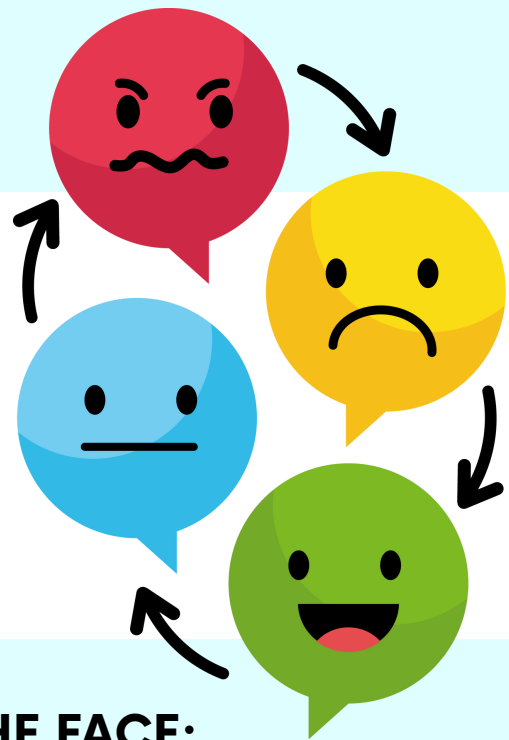


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EMOTION VOCABULARY WORKSHEET

1. WHAT ARE EMOTIONS?

Emotions are how we feel inside! They can be big or small, happy or sad, calm or excited. Knowing how to describe your feelings can help you understand and express yourself better.

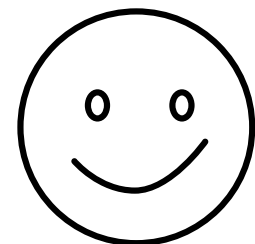
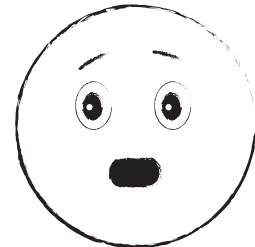
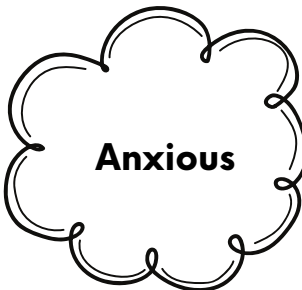
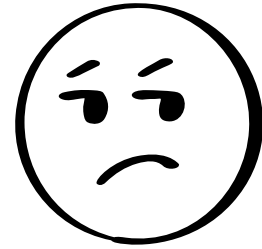
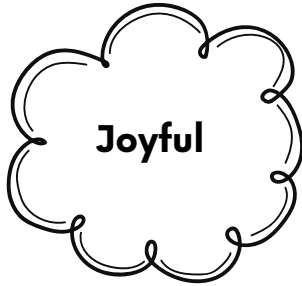


2. MATCH THE FEELING TO THE FACE:

Below are faces showing different emotions. Draw a line from each face to the word that best describes it.

- Happy
- Worried
- Angry
- Sad
- Surprised

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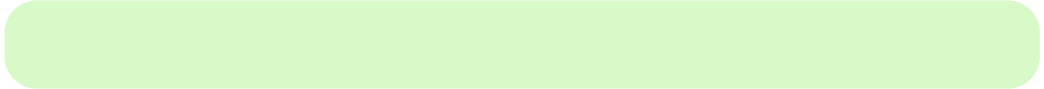


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3. FEELING WORDS: WHAT DO THEY MEAN.?

Here are some words that describe different feelings. Draw a picture or write a sentence to show what each feeling means to you!

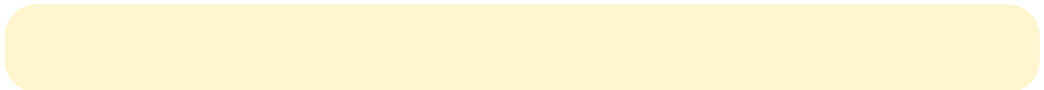
Excited:



Lonely:



Proud:Proud:



Confused:



Jealous:



4. MY EMOTIONS JOURNAL:

Think about a time when you felt a strong emotion. Choose a feeling word from above and describe it below!

Emotion I Felt:



What Happened:



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What I Did:

How I Felt
Afterward:

5. BUILD YOUR EMOTION VOCABULARY!

Try to find one new feeling word to learn each day this week. Write it here and use it in a sentence!

Day	Feeling Word	My Sentence
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

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What I Did:

How I Felt
Afterward:

6. EMOTIONS IN ACTION: PRACTICE SCENARIOS:

Read the scenarios below and choose an emotion that you think fits.

- **Your friend doesn't want to play your favorite game. You feel:**

- **You get a surprise gift from your parents. You feel:**

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- Someone takes something that belongs to you without asking.
You feel:

WORKSHEET TIPS FOR GROWN-UPS:

This worksheet is designed to help children expand their vocabulary and identify their feelings. Encourage them to express their ideas openly, and help them discover and name more complex emotions.



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VISUAL CHART TO IDENTIFY FEELINGS

Instructions:

This worksheet will help you learn to recognize and identify your feelings using a visual chart. Take your time to look at the faces and words, then think about how you feel in different situations.

• PART 1: FEELINGS CHART:

Instructions:

Look at the faces below. Each face shows a different feeling. Write the feeling name below each face and think about when you might feel that way.

Face	Feeling Name	When I Feel This Way
	Happy	
	Sad	
	Angry	

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Face	Feeling Name	When I Feel This Way
	Confused	
	Excited	
	Scared	
	Disappointed	
	Calm	
	Frustrated	
	Bored	

• PART 2: MY FEELINGS INVENTORY:

Instructions:

Think about how you feel in different situations. Fill out the table below with specific examples from your life.

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Feeling	How Does It Feel?	What Can I Do?
Happy		
Sad		
Angry		
Confused		
Excited		
Scared		
Disappointed		
Calm		
Frustrated		
Bored		

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• PART 3: DRAWING YOUR FEELINGS:

Instructions:

Draw or color a picture of a situation where you felt one of the emotions from the chart. Label the emotion and explain the situation below.

- **Emotion:**

- **Situation:**

Drawing:



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PART 4: REFLECTING ON FEELINGS:

Instructions:

Think about how recognizing your feelings can help you. Answer the questions below.

- **Why is it important to recognize your feelings?**



Three horizontal lines for writing the answer to the question: Why is it important to recognize your feelings?

- **How can you use this chart to express your feelings to others?**



Three horizontal lines for writing the answer to the question: How can you use this chart to express your feelings to others?

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CONCLUSION:

Understanding your feelings is a powerful tool! Remember that it's okay to feel a variety of emotions, and being able to identify them helps you manage them better. Share your feelings with someone you trust when you need to!

REFLECTION PROMPTS: "WHEN DO I FEEL THIS WAY?"

Reflection prompts that ask children to consider when they feel certain emotions are a powerful tool for building emotional awareness and self-regulation. By reflecting on specific situations that trigger different feelings, children gain insight into their emotional responses, learn to anticipate emotional triggers, and develop personalized strategies to cope with challenging situations.

Below are some Reflection Prompts to help children explore when and why they experience certain emotions. Each prompt encourages children to think about a particular emotion and identify specific situations where that feeling comes up.



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REFLECTION PROMPTS FOR COMMON EMOTIONS:

• When Do I Feel Happy?

- Think about a time you felt truly happy. What was happening around you? Who were you with?
- What types of activities or events make you feel happy or joyful?
- How does your body feel when you're happy?



• When Do I Feel Sad?

- Recall a time when you felt sad. What happened, and how did you react?
- Are there certain things that make you feel sad more often than others (e.g., missing a friend, losing a game)?
- What helps you feel better when you're sad?



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- **When Do I Feel Angry?**

- Describe a time when you felt very angry. What made you feel that way?
- Are there specific situations or people that tend to make you feel angry?
- How do you calm yourself down when you feel angry?



- **When Do I Feel Excited?**

- Think of a recent time when you felt excited. What were you looking forward to?
- What kinds of activities make you feel excited or energized?
- How does your excitement show in your body or actions?



- **When Do I Feel Scared?**

- Describe a time you felt scared. What were you doing, and why did you feel this way?

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- Are there particular situations that make you feel scared more often than others?
- What helps you feel safe when you're scared?



• When Do I Feel Disappointed?

- Think of a situation where you felt disappointed. What happened, and how did it make you feel?
- Are there certain things or situations that often lead to disappointment?
- What can you do to feel better when you feel disappointed?



• When Do I Feel Frustrated?

- Describe a recent time when you felt frustrated. Was something not going as planned?
- Are there particular situations, like homework or sports, that make you feel frustrated?
- How do you handle your feelings when you're frustrated?



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- **When Do I Feel Calm?**

- Think of a place or activity that makes you feel calm and peaceful. Where are you, and what are you doing?
- What helps you relax when you've had a busy or overwhelming day?
- How can you bring more calm moments into your daily routine?



BENEFITS OF REFLECTION PROMPTS:

- **Improves Emotional Awareness:** By identifying when they feel certain emotions, children become more aware of their emotional patterns.
- **Promotes Self-Regulation:** Recognizing triggers allows children to prepare for situations where they might experience strong emotions.
- **Enhances Coping Skills:** Reflecting on specific scenarios helps children think through ways to manage emotions like anger or sadness when they arise

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COMMON SOURCES OF FRUSTRATION (LOSING, WAITING, NOT UNDERSTANDING)

PART 1: COMMON SOURCES OF FRUSTRATION

Below are some common situations that can make people feel frustrated. Think about each one and write down a specific time it happened to you. Then, answer the questions that follow.

- **LOSING**

- **DESCRIBE A TIME YOU FELT FRUSTRATED BECAUSE YOU LOST (A GAME, A RACE, ETC.):**




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- HOW DID YOU FEEL WHEN YOU LOST?



Three horizontal lines for writing inside a cloud-shaped bubble.

- WHAT DID YOU DO TO HANDLE THOSE FEELINGS?



Three horizontal lines for writing inside a cloud-shaped bubble.


- WAITING:

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- DESCRIBE A TIME YOU FELT FRUSTRATED BECAUSE YOU HAD TO WAIT (IN LINE, FOR SOMEONE, ETC.):



- HOW DID YOU FEEL WHILE YOU WERE WAITING?



- WHAT CAN YOU DO NEXT TIME TO MAKE WAITING EASIER?

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- **NOT UNDERSTANDING SOMETHING**

- Describe a time you felt frustrated because you didn't understand something (a homework problem, instructions, etc.):



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- HOW DID NOT UNDERSTANDING MAKE YOU FEEL?



Three horizontal lines for writing inside a cloud-shaped bubble.

- What did you do to try to understand or get help?



Three horizontal lines for writing inside a cloud-shaped bubble.

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PART 2: HOW I HANDLE FRUSTRATION:

Think about what you can do when you feel frustrated in each of these situations. Fill out the chart below with strategies that might help you next time.

Situation	What I Can Do to Feel Better
Losing	
Waiting	
Not Understanding	

PART 3: REFLECTION ON FRUSTRATION:

Answer the questions below to reflect on what you've learned about frustration.

- **What are some physical signs that you feel frustrated? (e.g., clenching fists, tense muscles, heavy sighs)**

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- Why do you think it's important to learn to handle frustration?



- Who can you talk to when you feel frustrated and need help?

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PART 4: MY FRUSTRATION ACTION PLAN:

Fill in the blanks to create your own plan for handling frustration in the future.

- When I feel frustrated, I can take a deep breath and



- If I still feel frustrated, I can talk to  for help.

- I will remember that feeling frustrated is normal, and I can try to be patient with myself by 

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SIMPLE EXPLANATION OF THE BRAIN'S RESPONSE TO FRUSTRATION

Brain Part	Function	Response to Frustration
Amygdala	The "alarm center" of the brain, responsible for detecting threats and triggering emotions.	When frustrated, the amygdala activates, releasing stress signals. This may cause quick, strong emotions like anger or fear.
Prefrontal Cortex	The "thinking" part of the brain, responsible for reasoning, decision-making, and self-control.	Frustration can temporarily make the prefrontal cortex less effective, leading to impulsive reactions. When calm, it helps us think through frustration and find solutions.
Hippocampus	Involved in storing memories and learning.	The hippocampus recalls past experiences, which can influence how we react. If frustration happened before, the brain remembers and may trigger similar feelings.

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Brain Part	Function	Response to Frustration
Hypothalamus	Regulates body functions, like heart rate and stress response.	When frustrated, the hypothalamus signals the body to release stress hormones (like adrenaline), which can increase heart rate and energy levels.
Hormones (e.g., Cortisol and Adrenaline)	Chemicals released in response to stress that prepare the body to take action.	Cortisol and adrenaline levels increase, leading to physical changes like faster heart rate, muscle tension, or feeling jittery

SUMMARY: HOW THE BRAIN REACTS TO FRUSTRATION:

When you feel frustrated, your brain activates an emotional response to manage the situation. The amygdala detects a potential "problem," and the hypothalamus releases stress hormones. The prefrontal cortex tries to help you think through the situation but might be less effective if emotions are high. Once you calm down, the prefrontal cortex takes over, helping you make thoughtful decisions and solutions.

Understanding this response can help us recognize our feelings and use strategies (like deep breathing) to calm down, so our thinking brain can regain control.

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FUN BRAIN DIAGRAM



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PHYSICAL SYMPTOMS (HEART RACING, TENSE MUSCLES)

Instructions:

This worksheet will help you identify the physical signs your body experiences when you feel frustrated. Recognizing these signs can help you manage your frustration and calm down before reacting.

PART 1: COMMON PHYSICAL SYMPTOMS OF FRUSTRATION:

Below are some common physical symptoms that people may feel when they're frustrated. Think about each one, and write down if you've experienced it. Then, describe a time you noticed this symptom.

Physical Symptom	Have I Felt This?	Describe a Time I Felt This
Heart Racing	YES/NO	
Tense Muscles	YES/NO	
Clenched Jaw	YES/NO	

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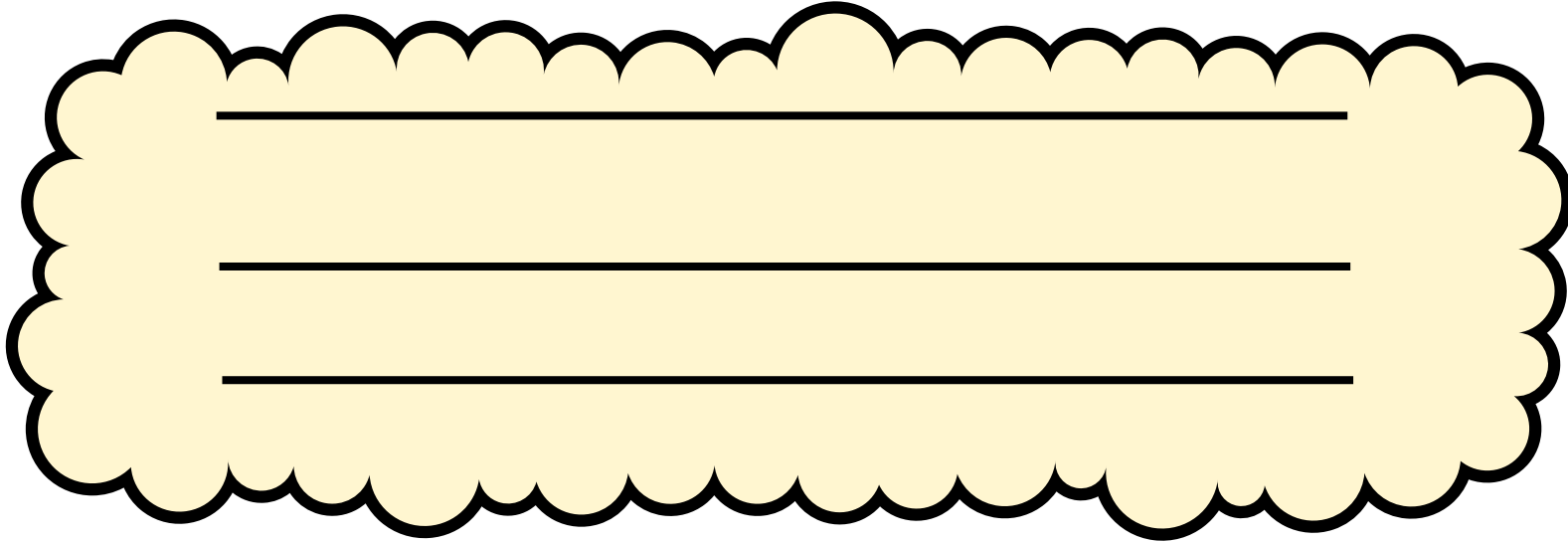
Physical Symptom	Have I Felt This?	Describe a Time I Felt This
Sweaty Palms	YES/NO	
Shallow Breathing	YES/NO	
Feeling Hot or Flushed	YES/NO	
Shaking or Trembling	YES/NO	
Headache	YES/NO	

PART 2: NOTICING MY PHYSICAL SYMPTOMS:

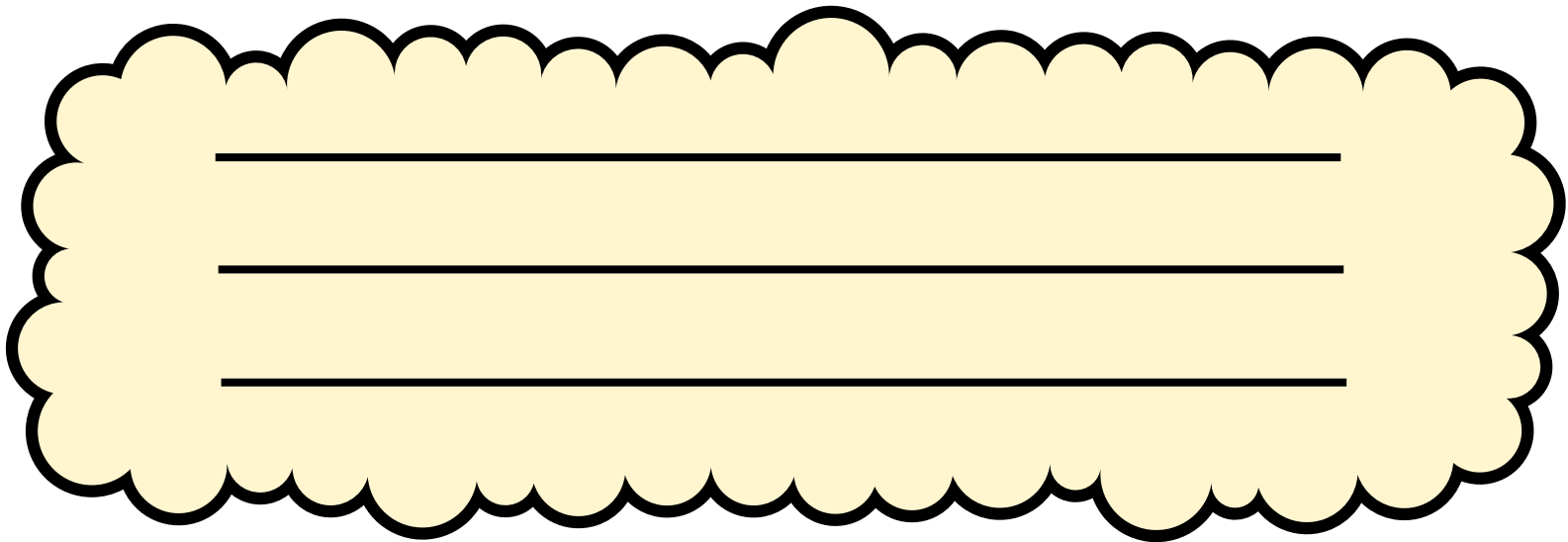
Think about a recent time you felt frustrated. Answer the questions below to understand your body's response to frustration.

- **What was happening when you started to feel frustrated?**

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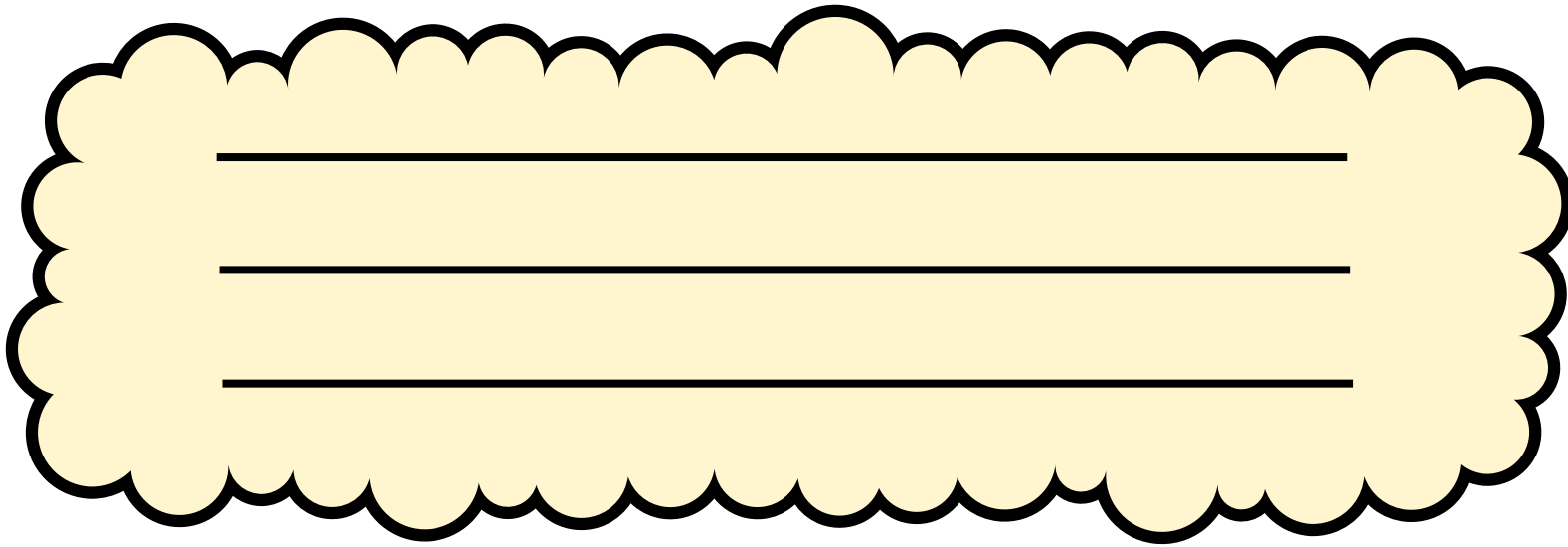
- Which physical symptoms did you notice in your body?



- How did these symptoms make you feel.?

For example, did your heart racing make you feel more tense or anxious?

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PART 3: CALMING MY BODY:

Here are some strategies to help calm your body when you notice these symptoms of frustration. Match each strategy to a physical symptom you often feel.

Physical Symptom	Strategy
Heart Racing	Take deep, slow breaths to help your heart slow down.
Tense Muscles	Try stretching or slowly relaxing each muscle group one by one.
Clenched Jaw	Open and close your mouth gently; move your jaw from side to side.

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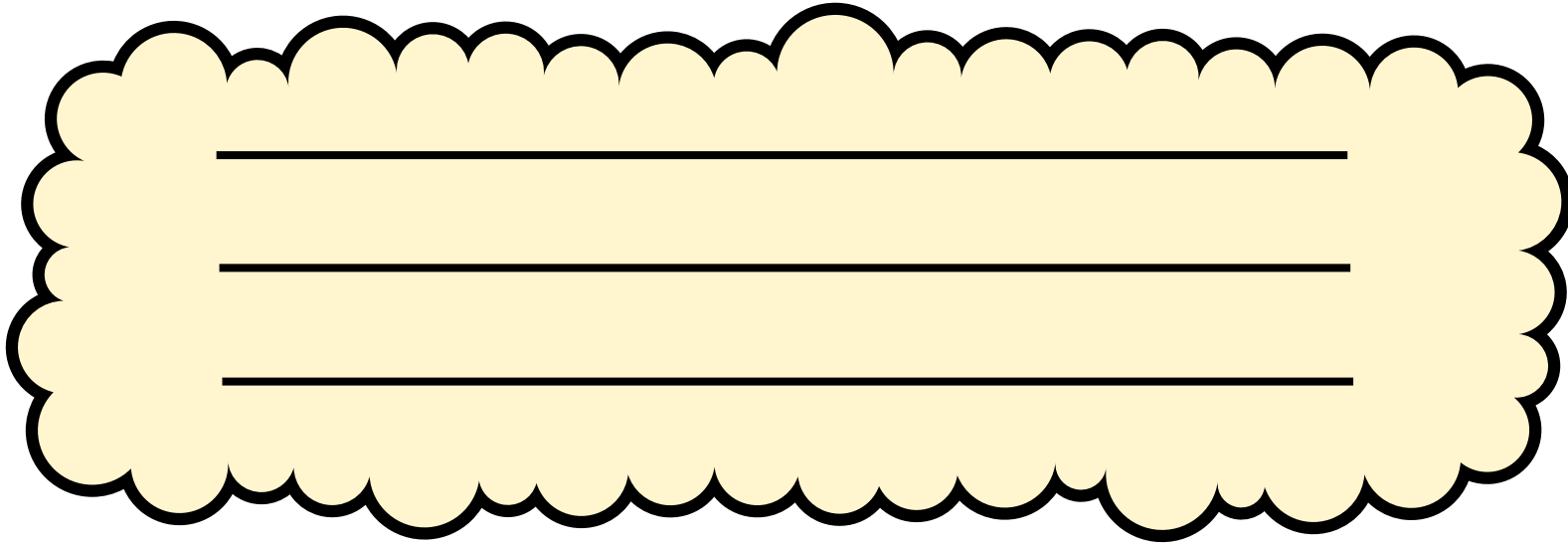
Physical Symptom	Strategy
Sweaty Palms	Try grounding techniques, like pressing your hands together.
Shallow Breathing	Count your breaths as you inhale deeply and exhale slowly.
Feeling Hot or Flushed	Take a cool drink of water or step outside for fresh air.
Shaking or Trembling	Focus on a stable surface, like placing both hands on a table.
Headache	Take a break, close your eyes, or do some gentle breathing.

PART 4: MY FRUSTRATION ACTION PLAN:

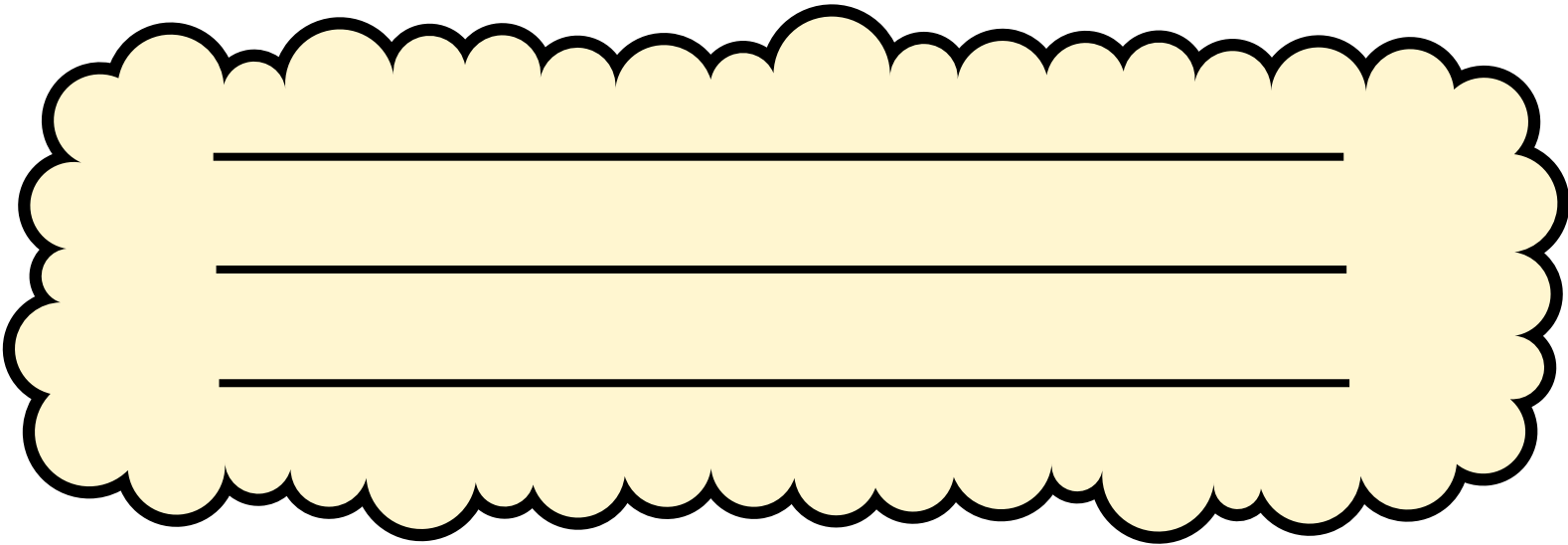
Write down two strategies from the list above that you think will help you the most when you feel frustrated.

- **First Strategy:**

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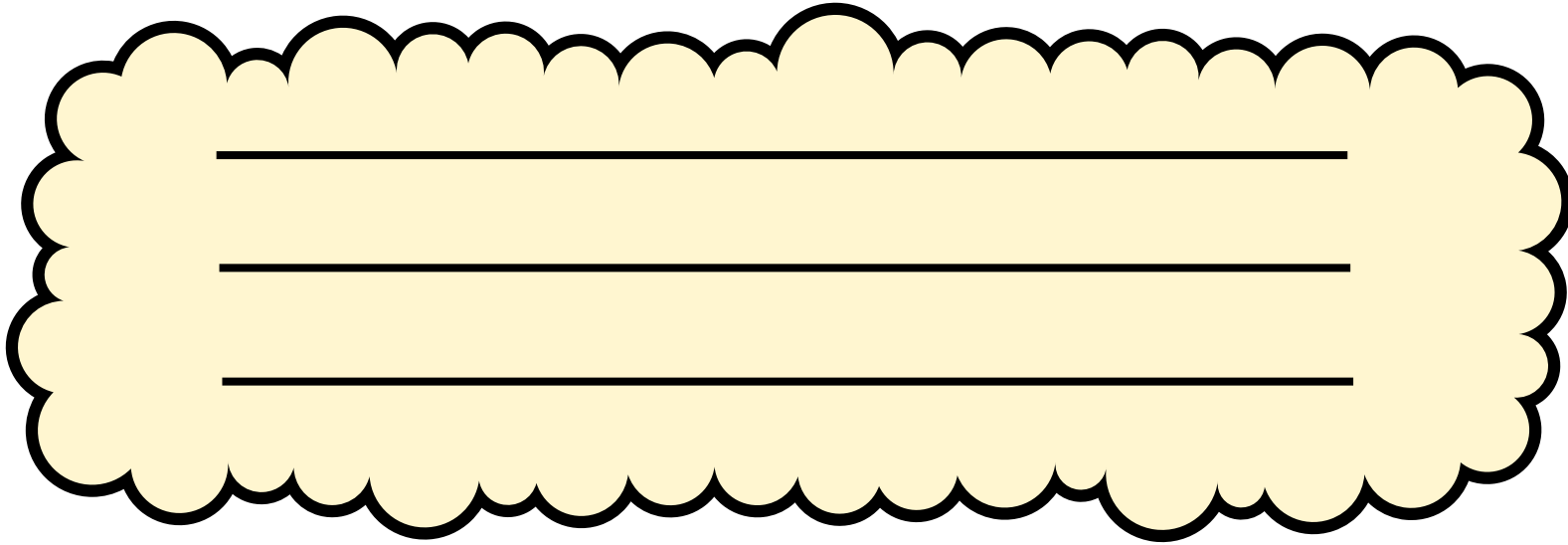
- **Second Strategy:**



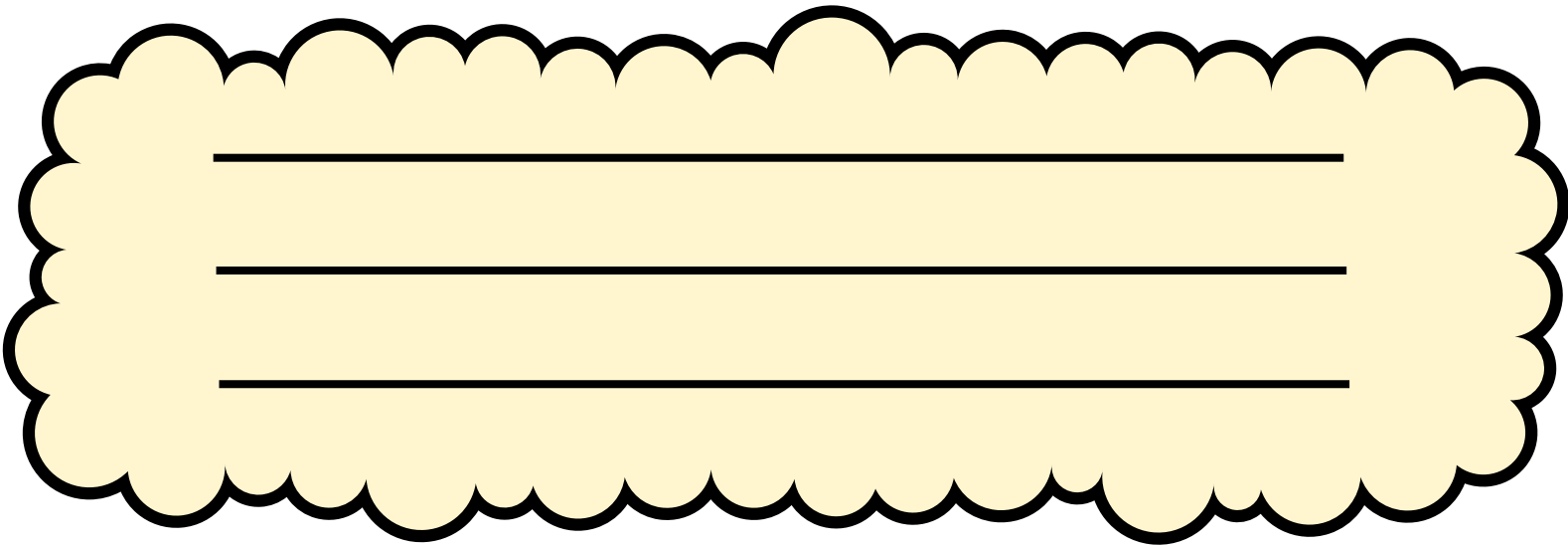
REFLECTION QUESTIONS:

- **How does noticing your body's response to frustration help you?**

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- **Who can you talk to if you're feeling frustrated and need support?**



CONCLUSION:

Paying attention to your body's response to frustration can help you understand when you need to pause and use a calming strategy. Practicing these skills will make it easier to stay calm and respond thoughtfully when you're feeling frustrated.

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RECOGNIZING BODY SIGNALS

INSTRUCTIONS:

This worksheet will help you learn to recognize your body's signals. Paying attention to how your body feels can give you clues about your emotions and help you respond in healthy ways.

PART 1: WHAT ARE BODY SIGNALS?

Your body sends signals that tell you how you're feeling. For example, if your heart is racing, you might be feeling nervous or excited. Recognizing these signals can help you understand your emotions.



PART 2: COMMON BODY SIGNALS AND THEIR MEANINGS.

Think about each body signal below. Write down a time you felt this way and what you were feeling at that moment.

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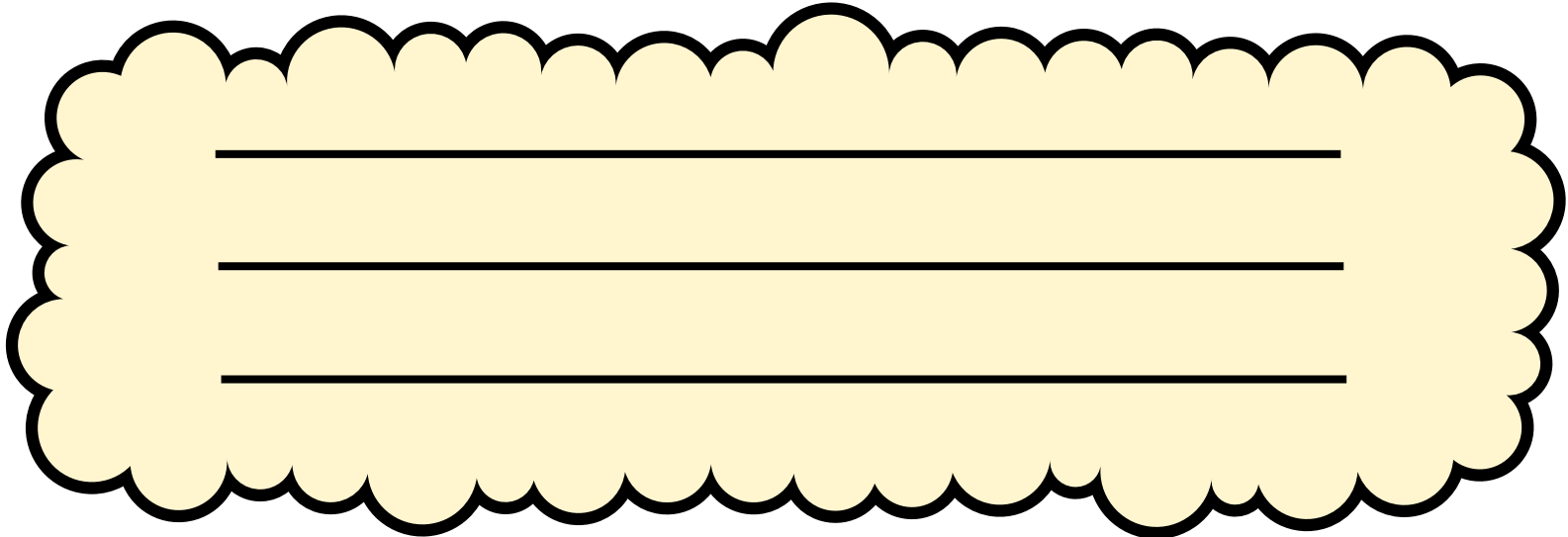
Body Signal	Describe a Time You Felt This Way	Possible Emotion
Heart Racing		Nervous, excited
Sweaty Palms		Nervous, scared
Butterflies in Stomach		Anxious, excited
Clenched Fists		Angry, frustrated
Shaky Hands		Nervous, scared
Tense Shoulders		Stressed, frustrated
Tapping Foot		Impatient, frustrated
Deep Sighing		Bored, tired, frustrated

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VPART 3: RECOGNIZING YOUR OWN BODY SIGNALS

Think about a recent time when you felt a strong emotion, like excitement, anger, or frustration. Answer the questions below to learn more about your body signals.

- **What was happening that made you feel this way?**



- **What body signals did you notice? (e.g., heart racing, clenched fists?)**



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- What emotion do you think these body signals were telling you about?



PART 4: PRACTICING WITH BODY SIGNALS:






Fill in the blanks to create a quick plan for recognizing and managing your body signals:

- When I feel my body signal of _____ (e.g., tense shoulders), I can pause and ask myself, "What am I feeling right now?"
- If I notice I am feeling _____ (emotion), I can try _____ (coping skill, like deep breathing or stretching) to feel better.
- I can talk to _____ (trusted person) if I need extra support.

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PART 5: MATCHING BODY SIGNALS TO FEELINGS:

Draw a line to connect each body signal with the feeling it might be related to. (Remember, feelings can vary, so there might be more than one right answer!)

Body Signal	Possible Feeling	Face
Heart racing	Nervous	
Tapping foot	Frustrated, impatient	
Sweaty palms	Scared	
Clenched fists	Angry	
Deep sighing	Tired, bored	

REFLECTION QUESTIONS:

- How can recognizing body signals help you manage your emotions better?

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- What is one body signal you want to pay closer attention to?
Why?



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SETTING REALISTIC GOALS FOR ONGOING FRUSTRATION TOLERANCE

PURPOSE:

The goal of this worksheet is to help you develop frustration tolerance by setting realistic, manageable goals. By learning how to face and tolerate frustration, you'll strengthen your resilience, reduce stress, and build a stronger sense of control in difficult situations.

STEP 1: IDENTIFY COMMON FRUSTRATION TRIGGERS:

The goal of this worksheet is to help you develop frustration tolerance by setting realistic, manageable goals. By learning how to face and tolerate frustration, you'll strengthen your resilience, reduce stress, and build a stronger sense of control in difficult situations.

Situation/Trigger	Why it Causes Frustration
Example: Homework	I feel overwhelmed when there's too much to do.

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STEP 2: SET A SPECIFIC, REALISTIC GOAL FOR ONE SITUATION:

Choose one frustration trigger and set a specific, realistic goal related to it. This goal should be achievable and should help you gradually build tolerance for that frustration. Use the SMART Goal framework to guide you:

- **Specific:** What exactly do you want to achieve?

- **Measurable:** How will you know you've achieved it?

- **Achievable:** Is this goal realistic for you?

- **Relevant:** Does this goal address your frustration?

- **Time-bound:** When do you want to achieve this by?

Example:

- **Trigger:** Feeling overwhelmed by homework.
- **Goal:** Spend 20 focused minutes on homework without giving up. Take a short break if needed, then try another 20 minutes.

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STEP 3: IDENTIFY SMALL STEPS YOU CAN TAKE TO ACHIEVE YOUR GOAL:

Break your goal into smaller steps. Start with something simple, and build up gradually.

- **Example Steps:**

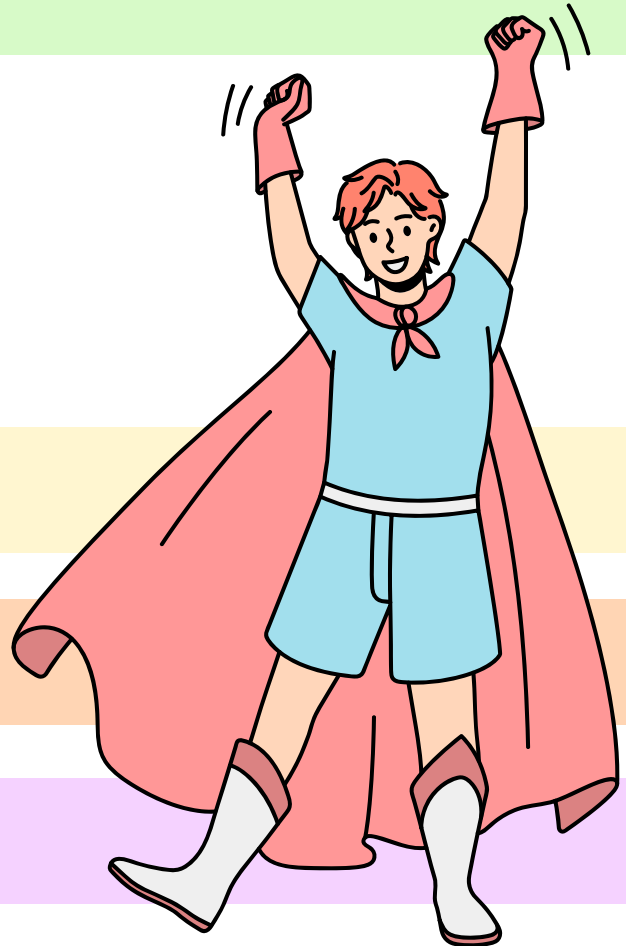
- **Repeat if you feel ready.**

- **Set a timer for 20 minutes.**

- **Focus on one homework task.**

- **If frustrated, take a deep breath and remind yourself it's okay to feel that way.**

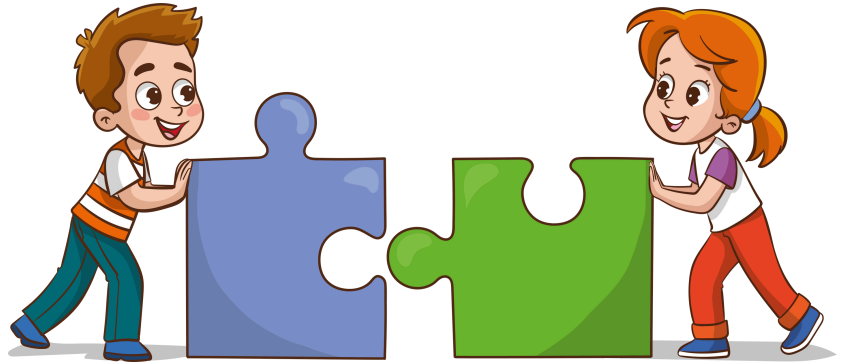
- **After the timer goes off, take a 5-minute break.**



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STEP 4: PLAN FOR CHALLENGES AND HOW TO HANDLE THEM:

Think about any obstacles that might come up when trying to reach your goal. What might make it harder? What will you do if you start to feel overwhelmed or frustrated?



Potential Challenge	Strategy to Handle It
Example: Losing focus	Use a "focus mantra" like "one step at a time."

EXTRA TIPS FOR BUILDING FRUSTRATION TOLERANCE:

- **Practice deep breathing:** A few slow, deep breaths can help you reset and calm down.
- **Positive self-talk:** Remind yourself that it's okay to feel frustrated, and that frustration is part of learning.

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WEEKLY PROGRESS TRACKER

Use this space to track your efforts and feelings throughout the week. Note how long you were able to tolerate frustration and any small wins you experienced..

Day	Duration of Focused Effort	Frustration Level (1-5)	Notes on What Worked or What Was Challenging
Mon			
Tues			
Wed			
Thurs			
Fri			