

Lesson 12: Managing Frustration

What Is My Child Learning?

Your child is learning that frustration can get in the way of learning, but managing frustration reduces the chances of doing something they may regret later.

Why Is This Important?

Your child can feel frustrated and disheartened when their attempts to master academic or social challenges fail. Impulsive responses to frustration can be aggressive and problematic. Frustration can be handled in the same manner as anger or other strong emotions—by using the Calming-Down Steps. Once your child calms their emotions, they're more likely to be successful at coming up with alternative solutions to difficult situations.

Before the Lesson

Review the Calming-Down Steps with your child:

- Stop—use your signal.
- Name your feeling.
- Calm down: breathe, count, use positive self-talk.

After the Lesson

Work with your child to complete the lesson [Home Link](#).

Daily Practice

Try doing these activities with your child to help reinforce what they've learned:

- Have your child rotate their left foot in a clockwise circle at the same time as they make the number "6" in the air with their right hand. As your child gets frustrated, coach them through using the Calming-Down Steps.
- Have your child answer this writing prompt: When was a time this week that you felt frustrated? How did you manage the strong feelings that came with feeling frustrated?

Create a Second Step Account

1. Go to www.secondstep.org
2. Under New Users, click "Create Account"
3. Complete the required fields
4. Add Program Activation Key: SSP5 FAMI LY75

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