

The idea of handling frustration...



I am Perturbed!

For _____

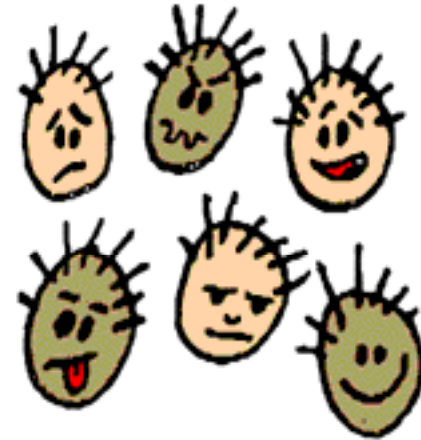


Perturbed = VERY Frustrated



I am a terrific person
but sometimes I get
very frustrated.





When I feel very frustrated, I feel perturbed. It's OK to feel perturbed.

All people feel perturbed now and then.

As children become older, they learn good ways to handle being perturbed. This is very, very, important. Handling frustration responsibly helps to keep everyone happy.



✓ Some people feel perturbed when someone tells them what to do.



✓ Some people feel perturbed when the schedule changes suddenly.



✓ I feel perturbed when the teacher assigns homework.

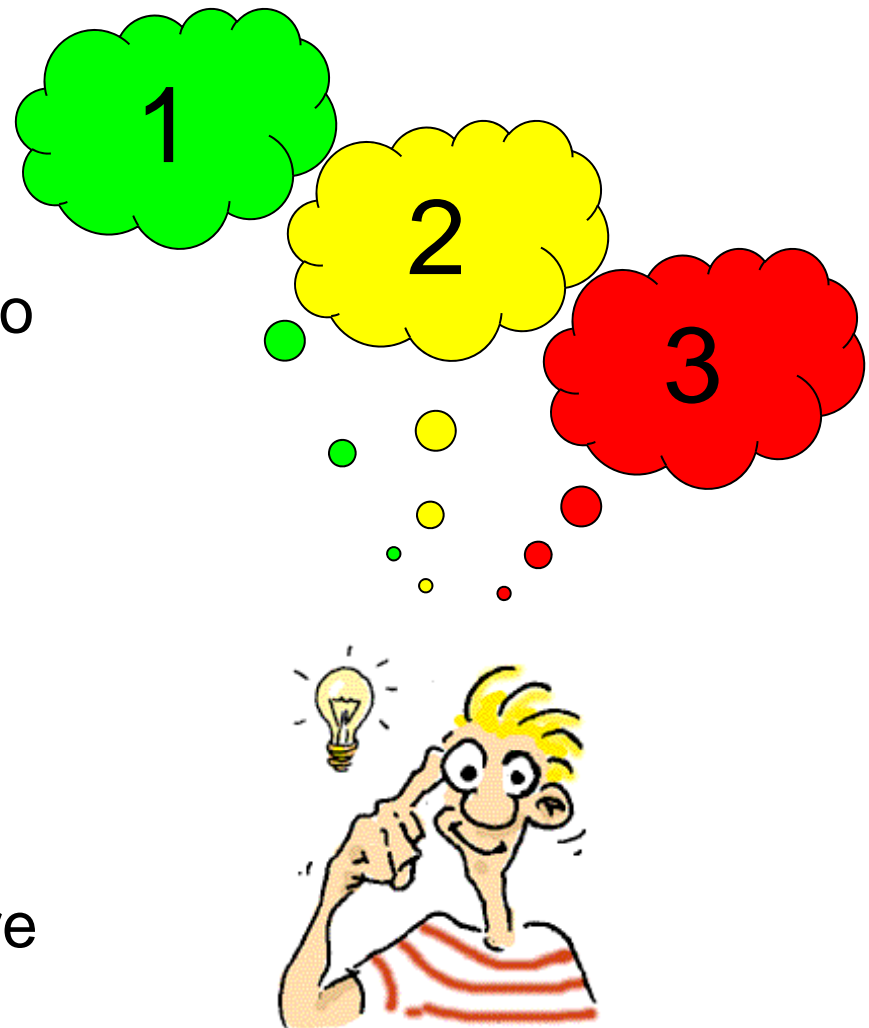


✓ Sometimes, I feel perturbed when it is time to change activities.



Even when a student feels perturbed, they can learn to keep thinking so that they make good choices.

Knowing what to think is important. There are 3 things that mature, intelligent students like me learn to think when they are frustrated.



Mature, intelligent students like me think:

**1. I will not
be perturbed
for long!**

I spend more time happy than I
do frustrated. I will feel happy
once again.



Mature, intelligent students like me think:

**2. There is a
solution
to this problem.**

Talking to others is really the
only good way to find these
solutions.



Mature, intelligent students like me think:

**3. It's possible to
have a bad time
during a good day.**



Sometimes people feel frustrated or sad for a short time, but they know the good day will return.

This is especially true when people make good choices while frustrated.



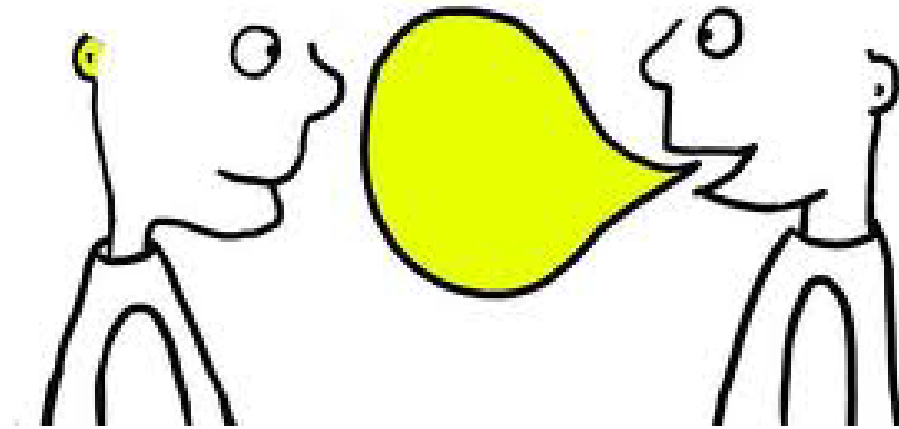
When I am perturbed or frustrated, I
can choose what to say or do.

When I am perturbed or frustrated, I can choose to:



1. **Take deep breaths or a break.** Experts on frustration say that taking deep breaths or a walk increases oxygen to the brain, making it easier to think and make good choices.

When I am perturbed or frustrated, I can choose to:



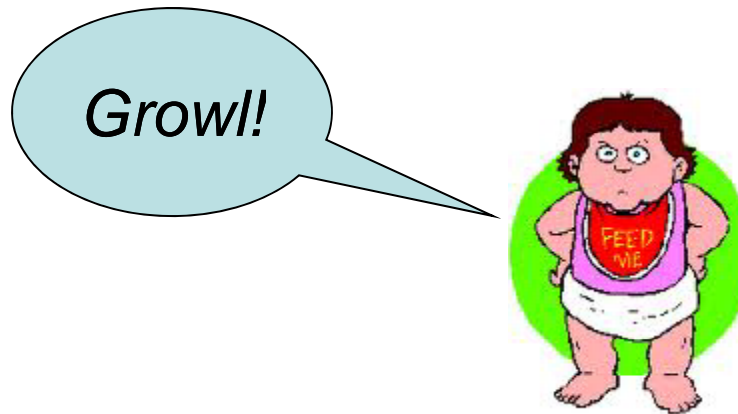
- 2. Use words to let others know I am frustrated.** I may tell others people that I am perturbed by talking or writing things down.

Sometimes, children make mistakes with frustration.

They may decide to growl or make strange noises.

They may decide to hit or fight.





Sometimes very, very young children do this. These very young children think growling and making strange noises will let everyone know how frustrated they are.

When a child gets older, and they still growl, people wonder why that child is deciding to do what usually only very young children do.



By the time children are my age, they usually make very calm, intelligent decisions when they are frustrated.

They usually stay in control. I am learning to do this, too.

More and more, I stay calm and keep thinking and working with others when I am frustrated. This is a very intelligent and mature thing to do!



The End



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Questions or comments?
Please contact me!