

CALMING







Strategies

- Teaching children how to manage their frustration appropriately can help them communicate their feelings.
- This choice board can be printed, laminated and hung up to be easily accessible.
- Talk about what it looks like to be frustrated and some specific examples of what makes someone frustrated.
- Discuss the choices the child has to alleviate frustration.
- When the child is feeling frustrated, gently remind them of their alternative behavior choices.

When I am feeling frustrated,



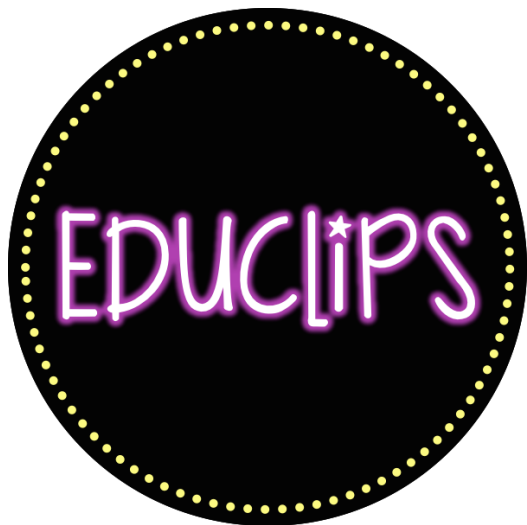
I can choose to...

 <p>Take a walk</p>	 <p>Take deep breaths</p>	 <p>Count 1,2,3,4,5</p>
 <p>Read a book</p>	 <p>Stack blocks</p>	 <p>Take a break</p>

Keep

Calm

The graphics in this activity
were created by:



yoga pants & pearls