

Really Good Stuff® Instructional Guide

When I Am Frustrated Cards Set

This Really Good Stuff® product includes:

- 30 *When I Am Frustrated Cards*, hole-punched
- Metal Ring
- This Really Good Stuff® Instructional Guide

Congratulations on your purchase of this Really Good Stuff® **When I Am Frustrated Cards Set**—a helpful tool students can use to choose what to do when they get frustrated.

Preparing the *When I Am Frustrated Cards Set*

Before introducing the **When I Am Frustrated Cards Set**, make copies of this Really Good Stuff® Instructional Guide, and file the pages for future use. Or, download another copy of it from our Web site at www.reallygoodstuff.com. Hang the *Cards Set* where students will be able to see and interact with it easily.

Review the **When I Am Frustrated Cards Set** and the actions students can choose to do when they get frustrated.

- Take a walk.
- Take 5 slow, deep breaths.
- STOP and take a break.
- Sing a song in my head.
- Go to a quiet place.
- Move on to something else.
- Do some exercises.
- Ask a friend for help.
- Go visit another room.
- Sit in the hallway for 5 minutes.
- Go to the library corner for 5 minutes.
- Write a note to the teacher.
- Use an item out of the stress box.
- Put my head down and close my eyes.
- Scream into the frustration pillow.
- Color a picture.
- Talk to an adult.
- Count to 10.
- Listen to a song.
- Write in my journal.
- Use the calm down jar.
- Ask the teacher for a break.

- Get a drink of water.
- Read a book.
- Go to the frustration station and do an activity.

Customize your set of *Cards* by removing any suggestions that don't make sense in your classroom. Also, establish the procedures you will implement when students get frustrated and need to use the *Cards*.

Introducing the *When I Am Frustrated Cards Set*

Tell students that you want to talk about feelings. Explain that it is completely okay for them to feel disappointed, upset, or frustrated. Talk about things that might make people frustrated. Ask students if they have ways to deal with being frustrated. Make a list of ways people deal with their frustrations. Be sure to include some of the ideas from your customized set of *Cards*. Have students generate ideas, too.

Show students the **When I Am Frustrated Cards Set**.

Explain to the class that these *Cards* will be available whenever anyone in the class gets frustrated. Show students the *Cover Card* and read it aloud. Then read each *Card* and explain to students the procedures you will implement in the classroom.

Solicit ideas from students for additional *Cards*. Using a permanent marker, write each idea on the *Blank Cards* provided.

Hang the *Card Set* in a location that is accessible to all students, for example, your classroom's "Quiet Place" or "Frustration Station."

Frustration Report

Make several copies of the *Frustration Report Reproducible* and place them near the **When I Am Frustrated Cards Set**. After a student has chosen a *Card* and followed the suggestion to relieve his or her frustration, have him or her complete a *Frustration Report*. Encourage students to refer back to their reports when they encounter other situations that make them feel frustrated.

All instructional guides can be found online.

Frustration Report

Name: _____ Date: _____

What made me feel frustrated:

What I did to stop feeling frustrated:

Frustration Report

Name: _____ Date: _____

What made me feel frustrated:

What I did to stop feeling frustrated:
