

Feeling Frustrated

My name is _____ and I am _____ years old.
I go to preschool at _____.



Sometimes children have a hard time with their projects or activities.



Sometimes, when children have a hard time with a project or an activity, they feel frustrated.



Feeling frustrated is OK. I will try to learn to stay calm when I am frustrated.



Some children ask their teachers or other adults for help if they feel frustrated. Teachers can help children who feel frustrated.



If I feel frustrated, I can ask a teacher for help staying calm.

