**When I feel frustrated, I can:**

1. I can use my  strategies to help me!

2. My strategies are to ask for a break, walk away, or use a fidget to help me calm my feelings.



  

2. I can use words to tell teachers or kids that I feel angry or frustrated. Tell them “I need a break.” OR “I am frustrated because \_\_\_\_\_\_\_\_.”



 I feel frustrated

3. When I feel angry or frustrated, there are things that I can do and things that I cannot do! I cannot hit, kick, or hurt others in any way or run away!

  

If I remember to use my words instead of my body when I feel frustrated, I can start to feel better and not so upset. **My teacher will tell me how proud she is of me**!