My Frustration Meter

Frustration is the feeling when something I want is blocked. Everyone feels it. I can learn to handle it.

Name: _____ **Date:** _____

1 How big is my frustration? Catch it at a 2 or 3, before it gets to a 5

	It looks and feels like:	What I can do:
5 I'm going to explode		
4 Really mad		
3 Frustrated		
2 Annoyed		
1 A little bugged		

2 What frustrates me Tick the ones that get me the most

- [ ] Losing a game
- [ ] Waiting my turn
- [ ] Making a mistake
- [ ] Being told no
- [ ] Hard homework
- [ ] Stopping fun stuff
- [ ] Things not working
- [ ] Something else

3 My body clues Where do I feel it first?

- [ ] Hot face
- [ ] Tight fists
- [ ] Clenched teeth
- [ ] Fast heart
- [ ] Tears
- [ ] Loud voice
- [ ] Want to throw
- [ ] Want to hide

4 My calm moves Practice them when I am calm, so they are ready when I am not

- [ ] Smell flower, blow candle
- [ ] Squeeze a ball
- [ ] Push the wall
- [ ] Count to 10
- [ ] Sip of water
- [ ] Jump or stretch
- [ ] Hug a pillow
- [ ] Go to my calm spot

My best calm move: _____

My calm spot is: _____

A grown up I can go to: _____

Draw me using my best calm move:

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My Try Again Plan

When I get stuck, I can follow my steps. Stuck is not the end. It is the middle.

Name: _____ **Date:** _____

1 My 6 try again steps
From stuck to unstuck

1. **Stop.**
   Freeze my hands and feet.
2. **Name it.**
   Say: I feel frustrated.
3. **Calm my body.**
   Use one calm move.
4. **Try another way.**
   Slower, smaller or different.
5. **Ask for help.**
   Say: Can you show me?
6. **Take a break.**
   Then come back and try again.

2 My not yet words
Say them out loud or in my head

- **This is hard, and I can do hard things.**
- **I can't do it yet. I can try one more time.**

My own words: _____

3 My practice record
Practice small stuck moments on purpose. Trying counts, not winning

Day	The hard thing	Meter 1 to 5	What I did	Did it help?

4 For the grown up helper
Calm, close and on the same team

Fill these pages in when everyone is calm, never during or right after a meltdown.
In the moment, use few words: You are at a 3. Which calm move? At a 5, focus only on safety.
Keep the expectation, shrink the step: one problem, then a break. Avoid finishing it for them.
Plan small frustrating practice on purpose, like a game they might lose. Praise the try.
If outbursts are frequent, severe, unsafe or come with low mood most days, see your pediatrician.
US: crisis, call or text 988. Emergency, call 911. These pages do not replace professional care.

Grown up notes: triggers we can plan for, calm moves that work, progress to share with school or the pediatrician

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