

#  
YOU'VE  
BEEN  
MISSED

FEELING  
FRUSTRATED



## What is frustration?

Frustration is a big word and an equally big feeling. Frustration may feel similar to anger but they are actually different. Frustration often happens when you are not able to achieve what you are trying for, like kicking for the winning goal but hitting the goal post. Frustration can be good as it can push us to try harder (you lost the game but you tried again and got the goal the next time) but sometimes feeling frustrated can cause us to just want to give up or act out. It is okay to feel frustrated but it is important to learn about frustration so we can accept it, manage it and move on to keep reaching for our goals.



### ACTIVITY

Why do you think the child in the picture might be frustrated? Draw or write about it below.



# Why we might be frustrated?

People feel frustrated for lots of different reasons. People might feel frustrated at other people or just the situation they are in. Often we become frustrated when we are stopped from doing what we want or feel we need to do.



**1:**  
not getting your way.



**2:**  
not agreeing with something/ someone.



**3:**  
making a mistake.



**4:**  
being told what to do.

## ACTIVITY

What makes you frustrated? Draw or write about it below.

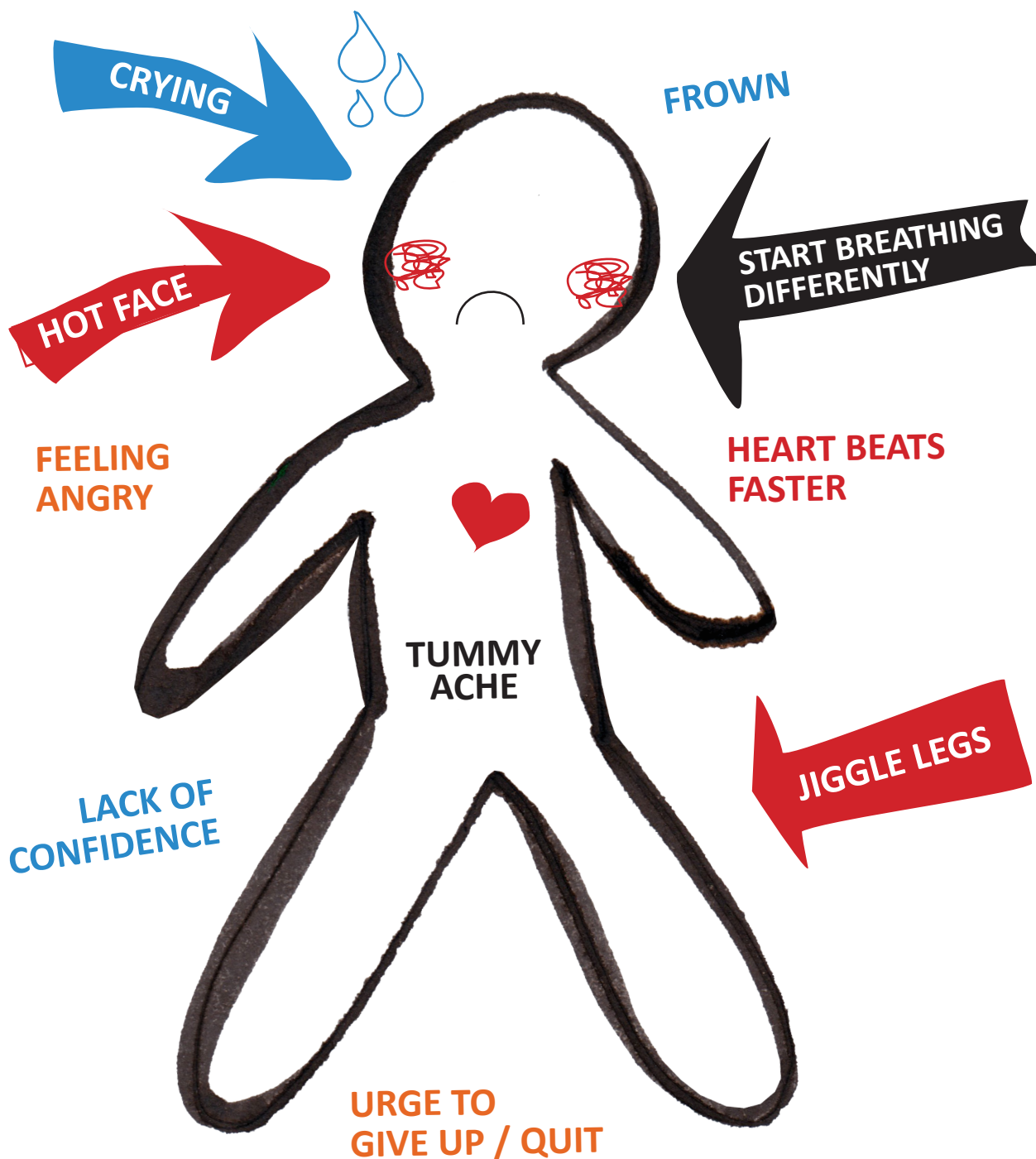


## What happens to us when we are frustrated?

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When we get frustrated there are lots of different things that happen in our body.

Our bodies give us signals to help us know when we are feeling frustrated, for example:



## ACTIVITY

Think of this as your body. Draw, colour or write where you feel frustration in your body. Think from the top of your head to the tips of your toes, both inside and out!



### REMEMBER:

Knowing how you feel, can help you know how to manage your feelings.

# What can help us feel less frustrated?

Sometimes things happen or people do things that can make us feel frustrated. It is important when we feel frustrated to have things that we can do so we can feel better and feel able to reach our goals. Here are some examples:



**1:**  
count to '10' slowly.



**2:**  
breathe slowly and practice relaxation techniques.



**3:**  
think about positive and happy things.



**4:**  
talk to someone you trust.

## ACTIVITY

Think of a time when you felt frustrated. What made you less frustrated?  
Write or draw your answers below.



# Activities to try when you are feeling frustrated

## ACTIVITY



### TAKE 5 BREATHING

1

#### STAR

Stretch your hand out like a star

2

#### TRACE

Get your pointer finger ready to trace your fingers up and down

3

#### SLIDE

Slide up each finger slowly. Slide slowly back down the other side

4

#### BREATHE

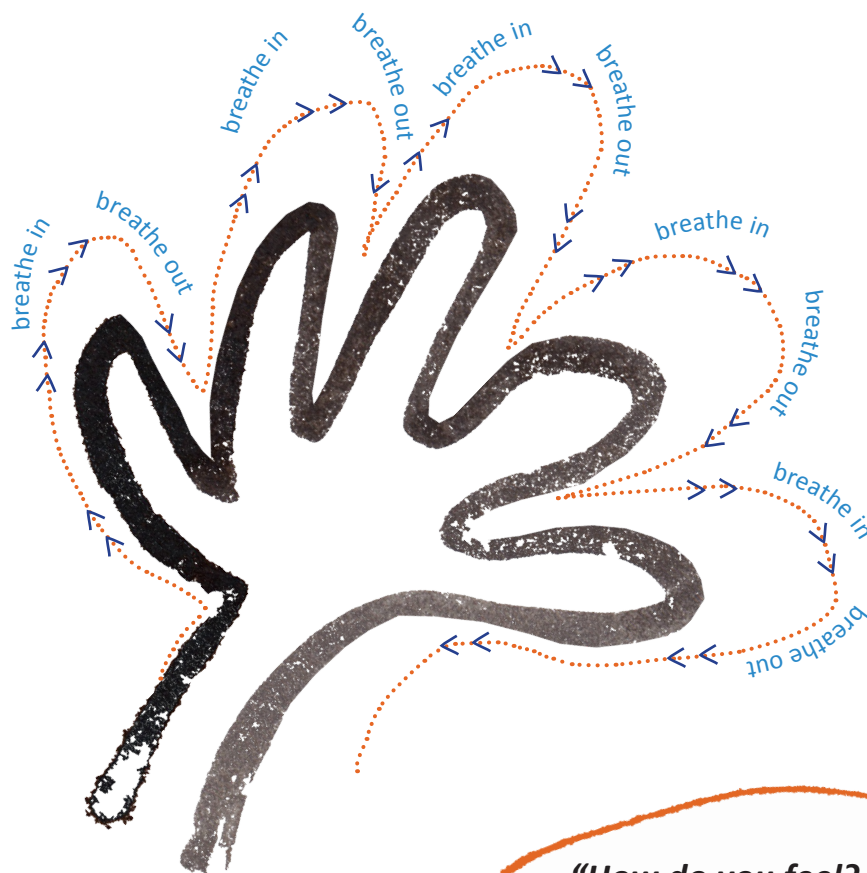
Breathe in through your nose and out through your mouth

5

#### KEEP GOING

Put it together and breathe in as you slide up and out as you slide down

Keep going until you have finished tracing your hand



*“How do you feel?  
Would you like to take  
another 5 breaths?”*

## ACTIVITY

### PLEASANT THOUGHTS

- 1 Close your eyes
- 2 Imagine your favourite place
- 3 Describe what you smell, hear, feel and see...

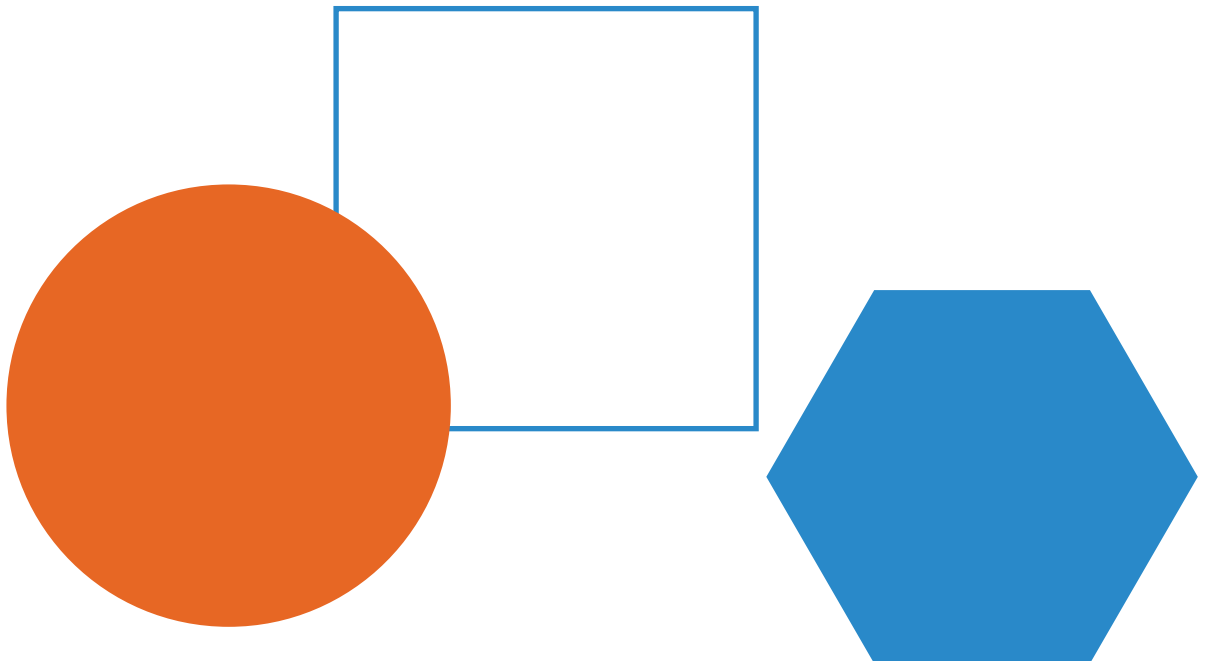


## ACTIVITY

### POSITIVE TIMES

It can be helpful when we are feeling frustrated to think of positive things.  
Complete the shapes below.

Ask a parent or carer to help you cut out the shapes on the next couple of pages  
so you can keep them with you for when you need a reminder!





**I am most  
calm when:**

**My happiest  
memory is:**

**My favourite  
activity is:**

**This person  
cheers me up:**

**My**

.....

**makes me  
feel relaxed!**

**A time when I felt  
proud was:**

**I am good at:**