

Feeling Frustrated

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

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



Sometimes, when kids 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 kids ask their teachers or other adults for help if they feel frustrated. Teachers can help kids who feel frustrated.

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

