

Objective

Students will be able to give at least one reason why they think someone feels frustrated.

Vocabulary

Frustrated (n.) the feeling you get when you can't do something you want or need to do



Bold—Teacher's script

Italics—Anticipated student responses

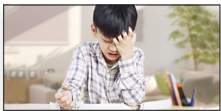
Brain Builder (3 min.)



Let's warm up our brains with a Brain Builder: Level 3 of Turn Your Attention!

Have kids stand. Play video and observe how many can successfully do the challenge.

Getting Started (1 min.)



What are some of the feelings we've talked about? *Happy. Sad. Calm. Worried.*

Today we're going to learn about a new feeling. Plus, we'll learn a new way to feel calm.

Practice (6 min.)



Alita wants to draw a picture, but there's a problem. Someone else is using all the markers.

- **What clues tell us how Alita is feeling? We can look at her face and body, and what's going on.** *She's holding her head. She looks like she might be mad. She has no markers.*

Alita can't do something she wants to do. She's feeling frustrated. I know I feel frustrated sometimes. Share a personal example of a time when you felt frustrated. For example, "I want to learn to play guitar, but it's really hard and makes my fingers hurt, and I just can't do it yet. I feel frustrated."

Sometimes we feel frustrated because we can't do something. It's normal—especially when we're learning something new.

- **Have you ever felt this way? Thumbs up if you can remember a time when you felt frustrated.** Invite volunteers to share their experiences.
- **If we want to feel calm again, what can we do?** *Ask for help. Breathe slowly.*

That's right, and after we feel calm, we can try again.



We're going to see a story about Mae and Mateo working on a project. See if you can use clues to guess how Mateo is feeling.

Play video, part 1. The video will pause automatically after part 1.

Practice, continued

- **How do you think Mateo feels?** *Frustrated.*
- **What clues tell us Mateo’s frustrated?** *Scrunched up face. He grunts and yells. He throws his hands up.*

Right! He wants to put the stickers on the rocket perfectly, but he can’t! We can see that his face and body show he’s frustrated too. When we feel frustrated, it can make it even harder to do something. We want to hurry up, but we need to go slow and keep trying.



Let’s see what happens next. Click the play button to resume video, part 2.

Mae is a good friend to Mateo. She helped him feel calm when he was frustrated. What did she teach Mateo to do when he feels frustrated? *Slow counting.*

When Mateo was frustrated, it was hard to put the stickers on. Slow counting helped him feel calm and go slow. Sometimes we just need to slow down to get something right. Feeling calm first can help.



We can use slow counting too. Whenever we have a strong feeling, like feeling frustrated, slow counting can help us feel calm.

Let’s try it together. Say each number with me. Count slowly from 1 to 10, tapping or clapping quietly with each number. **Good! Now I’ll tap (or clap) and you’ll count silently in your head, from 1 to 10. Ready?** Tap or clap slowly ten times. **Good! We can count silently in our heads to help us feel calm.**

Check (3–5 min.)



Pair kids. **Let’s look at another example. Look for clues and think about what’s happening. Carly wants to learn how to do a cartwheel. Her sister is trying to teach her. Whenever Carly tries to copy her, Carly tips over. Carly stands up and stomps her foot, “Why can’t I do it?”**

- **How do you think Carly feels? What clues helped you figure it out? Turn and talk with your partner.** Call on a few pairs to give their ideas. *She feels frustrated. She can’t do something she wants to do. She stomps her foot.*
- **What could help Carly feel calm?** *Slow counting. Slow breathing. Asking for help.*

Yes, those are good ways to help Carly feel calm when she’s frustrated.

Ask volunteers to tell you about situations when they felt frustrated. If students have trouble coming up with ideas, give examples you’ve noticed around the classroom. Point out times when students asked for help.

Everyone gets frustrated sometimes, and there are things we can do to feel calm. The next time you feel frustrated, try slow breathing, slow counting, or asking for help!