

GRADE 5

Lesson 12: Managing Frustration

Lesson Concepts

- Frustration can get in the way of learning.
- Managing frustration reduces the chance of doing something you may regret later.

Objectives

Students will be able to:

- Identify physical signs of frustration
- Demonstrate reducing frustration by using the Calming-Down Steps

Why This Lesson Matters

Students can feel frustrated and disheartened when their attempts to master academic or social challenges fail. Impulsive responses to frustration can be aggressive and problematic. Frustration can be handled in the same manner as anger or other strong emotions—by using the Calming-Down Steps. Once students calm their emotions, they're more likely to be successful at coming up with alternative solutions to difficult situations.

Before the Lesson

Review the Calming-Down Steps with students: Stop—use your signal. Name your feeling. Calm down: breathe, count, use positive self-talk.

After the Lesson

Guide students through completing the [lesson handout](#).

Following Through

Use these strategies to reinforce lesson concepts throughout the week:

- Have students do the lesson [Home Link](#) with their families.
- See the lesson [Following Through Card](#) for more ideas about how to build on key lesson concepts.

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