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**

**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.
Need to register on SecondStep.org, but don’t have your registration PAK?

Use this Family PAK instead. Through June 30, Family PAKs allow you to access all streaming media, downloadable content, and everything else you need.

1. Go to www.secondstep.org
2. Under New Users, click “Create Account”
3. Complete the required fields
4. Add Program Activation Key: SSP5 FAMI LY75

The Second Step Family Resources (individually or together, the “Resource”) are for educational use only by parents, families, and teachers with students currently learning online due to the impact of COVID-19. Each Resource has been created by Committee for Children, and all intellectual property and other property rights, including copyright, are owned and controlled by Committee for Children. Your use of a Resource does not create any ownership interest or other rights in the Resource or any of its contents or elements. Neither the Resource nor its contents or elements may be copied, performed, modified, distributed, downloaded, posted, or shared with or given to or sold to anyone else or used for any noneducational purpose. Additional terms and conditions may apply, as indicated for a particular resource.

© 2020 Committee for Children

Second Step is a registered trademark of Committee for Children