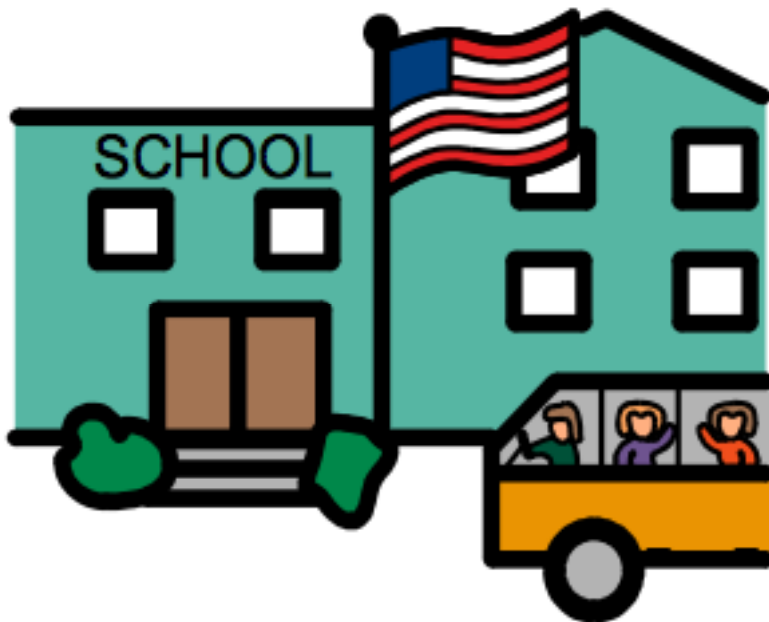
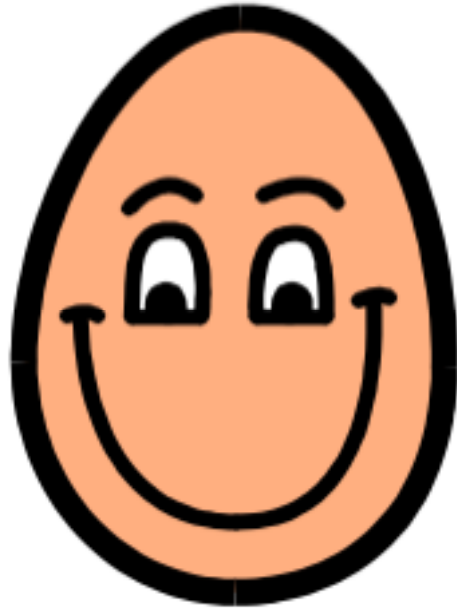


Sometimes I feel
FRUSTRATED



A social story about dealing with
my frustration at school

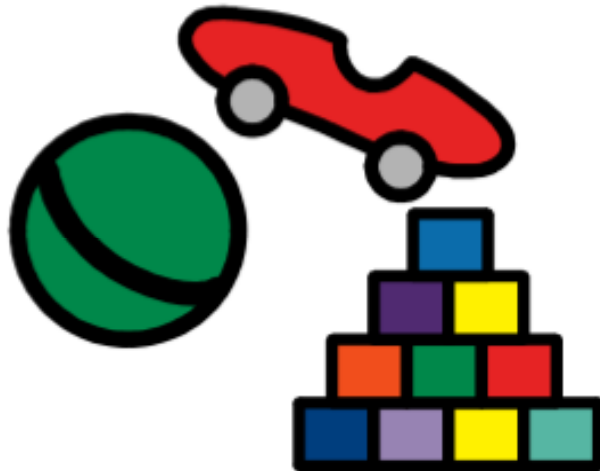
I like school.



At school, I can **jump**, **run**, and **sing**
songs.



At school, I can play with **toys.**



Sometimes I have to **wait** to do an **activity**.



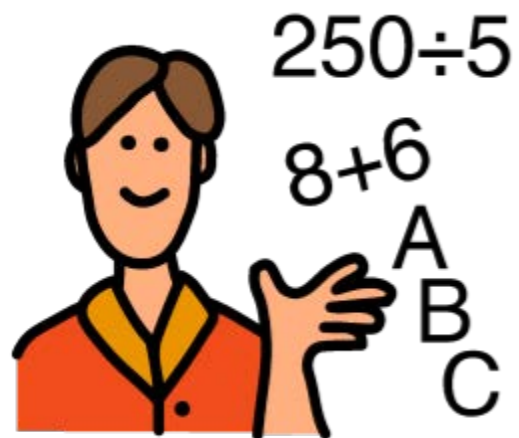
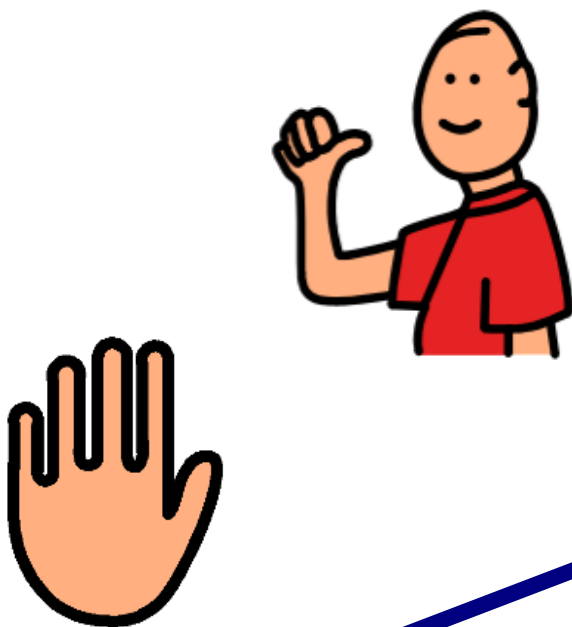
Sometimes my teachers ask me to do an activity that **I don't want to do**.



Sometimes it is time to **clean up**
and do something different.



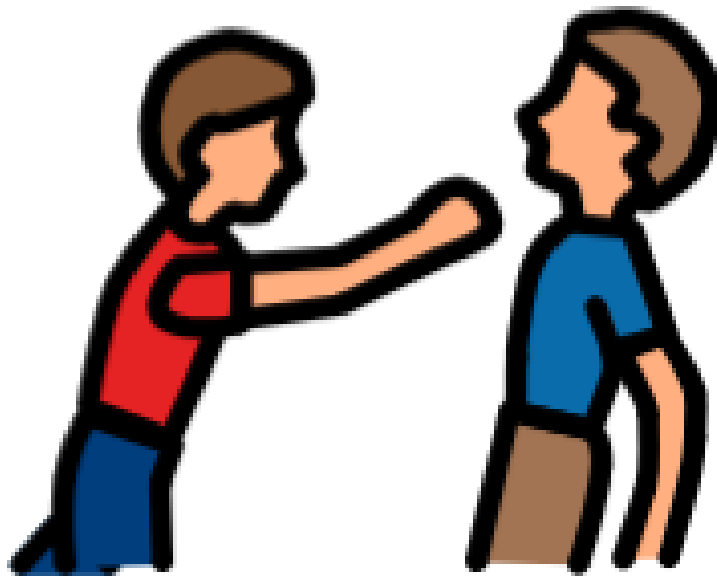
Sometimes, the other kids get to
work with a teacher **before I do.**



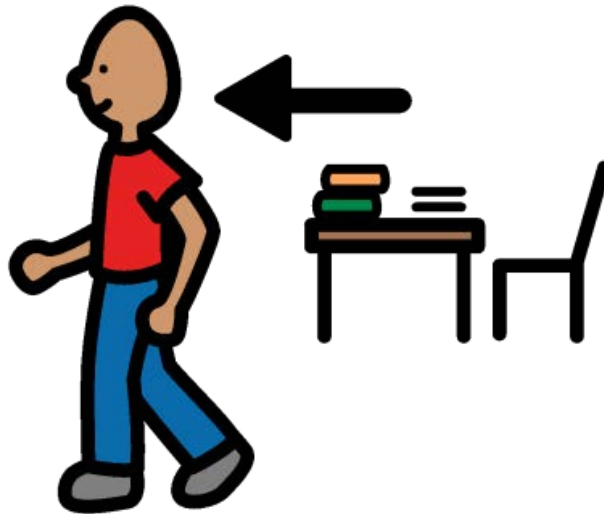
When other kids are doing something I want, sometimes I feel **frustrated**.



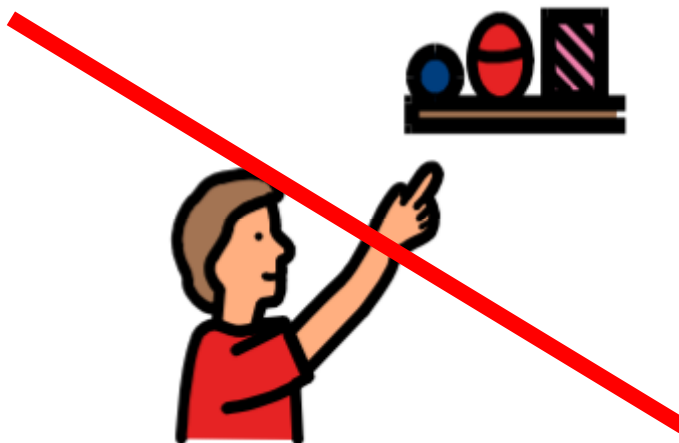
When I feel frustrated, sometimes I feel like I want to **throw** or **kick** things or people.



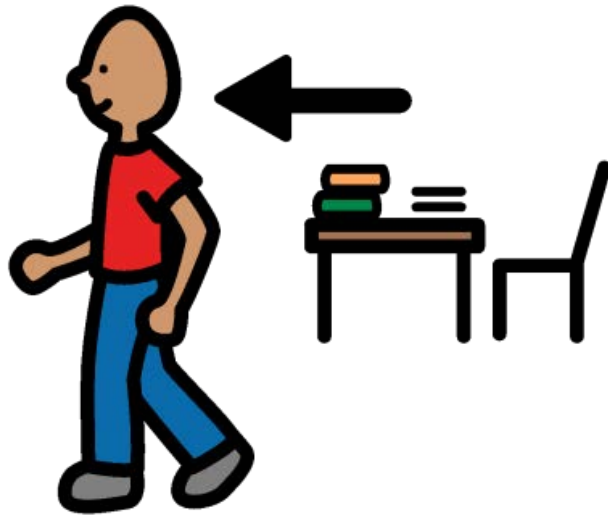
If I hurt myself or other people, I
have to **take a break**.



I do not get what I **want**.



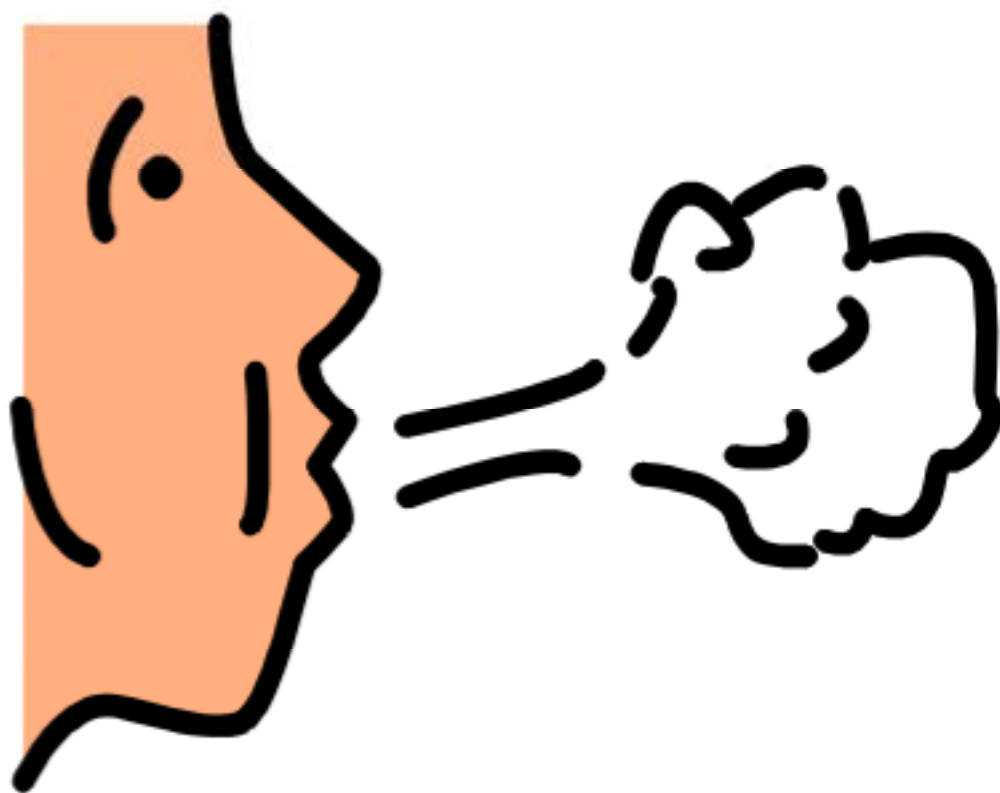
If I throw or kick things, I have to
take a break.



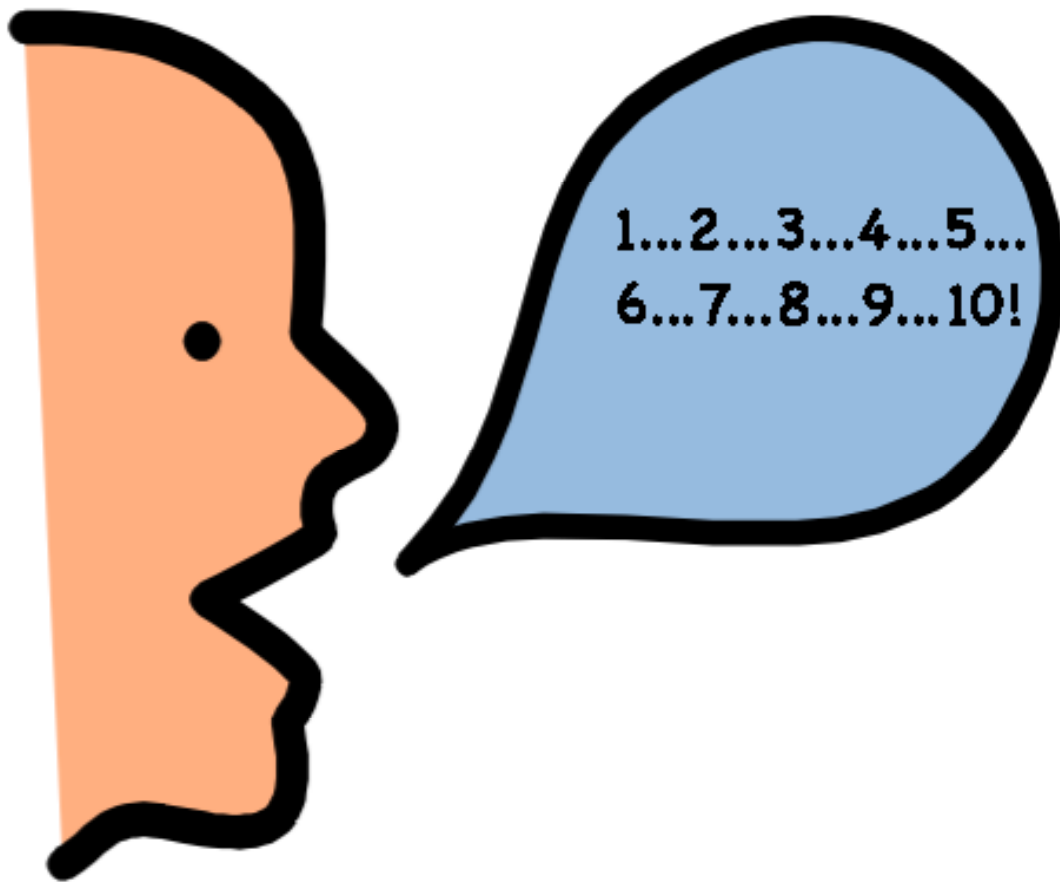
I do not get what I **want.**



The next time I feel frustrated, I
can take **deep breaths**.



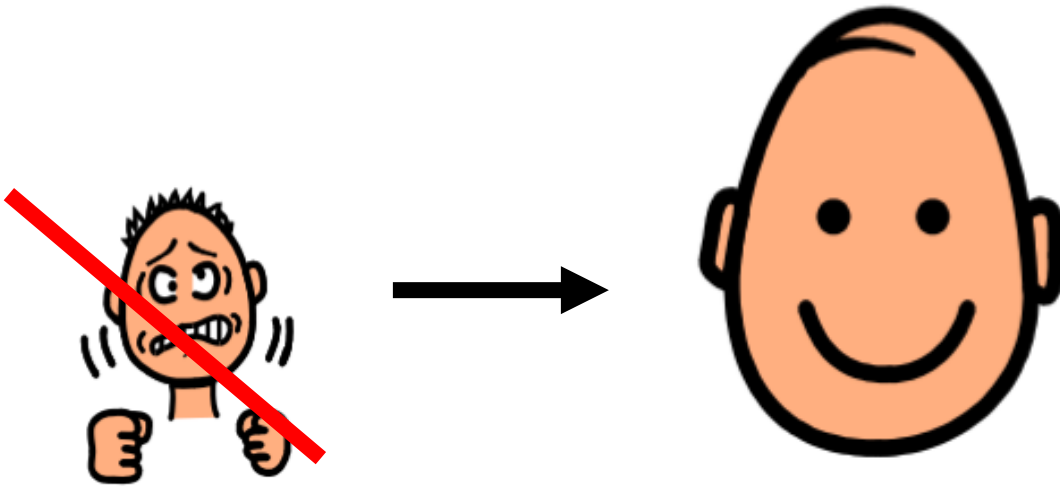
The next time I feel frustrated, I
can **count to 10**.



The next time I feel frustrated, I
can ask a teacher to **help me**.



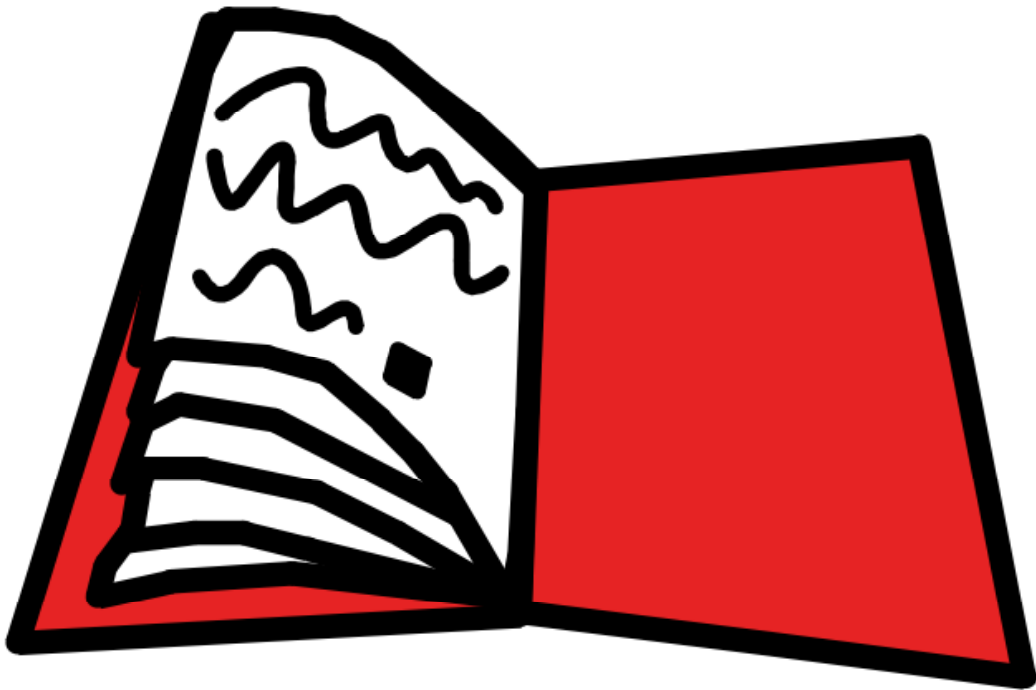
When I **calm down**,



I can get something I **want**!



The End



written by Courtney Gibbons Plowcha 2018