Draw the face of a clown who is trying having trouble learning to juggle.

Draw the face of a clown who has finally learned how to juggle.
Draw a picture of something that made you feel frustrated.
Write a sentence about it.
I’m So Frustrated!

Activity Sheet 3

Name: __________________________

Circle “Yes” or “No” to answer each question.

Do you get frustrated when...

1. every time you try to blow up a balloon, it breaks?  
   YES  NO

2. whenever you try to pour milk into your glass, you spill some?  
   YES  NO

3. you get all the right answers on your math homework?  
   YES  NO

4. you are playing catch with your uncle, and you keep dropping the ball?  
   YES  NO

5. you are trying to color a picture neatly, but your crayon keeps slipping over the lines?  
   YES  NO

6. your family has a new computer and you have already figured out how to use some of the keys?  
   YES  NO

7. you are trying to tie your shoe but the lace keeps coming loose?  
   YES  NO

8. you wait all week to go to the beach and the day turns out to be warm and sunny?  
   YES  NO
There are two 2-letter words hiding in the word **FRUSTRATED**. What are they?

____________________  __________________

There are two 3-letter words hiding in the word **FRUSTRATED**. What are they?

____________________  __________________

There are two 4-letter words hiding in the word **FRUSTRATED**. What are they?

____________________  __________________

There is a boy’s name hiding in the word **FRUSTRATED**. What is it?

____________________________________________________________________________________

How many more words can you make using the letters from “**FRUSTRATED**”? You can mix the letters up any way you want. Write them below.

____________________  __________________

____________________  __________________

____________________  __________________
What can you do if one of these things happens to you?  
If you have a plan, color in the smiley face.  
If you don’t have a plan, color in the frustrated face.

1. You have just cleaned your room, and your baby sister throws all your toys on the floor.

2. You are trying to make cookies and the dough is too soft to roll out.

3. You are reading a book, and you don’t understand many of the words.

4. You are trying to memorize your lines for a play, but you keep forgetting them.

5. You are trying to draw a picture, but you can’t make it look the way you want.

6. You are trying to comb your hair, but it has too many tangles.
I'm So FRUSTRATED!

Name: ____________________________

What is something that makes you feel frustrated? Write about it below

I really get frustrated when:

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I'm So FRUSTRATED!  Activity Sheet 7

Use what you learned from the video to make a plan for feeling better when you're frustrated.

Write your plan below.

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