

When I Feel Frustrated In Class

A Social Story



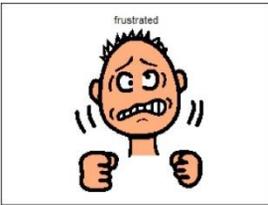
Includes:

A Social Story

Choice Board

Take a Break Passes

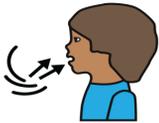
When I feel frustrated in class



Sometimes in class I get mad or frustrated. Everyone gets frustrated in class.

When I get frustrated in class I have choices

Take deep breath



First, I can take a deep breath, count to ten slowly and let it out slowly. I do this first, because it works the fastest.



I can ask my teacher for help. My teacher will try and explain things to me in a different way and listen to me about why I am upset.

Work on a
different
assignment

I can work on another assignment and come back when I am feeling better. If the assignment is for another teacher I will ask first.

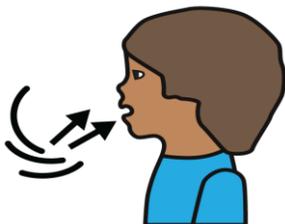


If nothing else has worked, I will take a break. When I want to take a break I will ask my teacher or hand her my break card. During my break I will go to a quiet place in the classroom until I feel better, and I will not disrupt other students. I only take short breaks so I can still get all my work done. When I feel better I go back to work.

When I feel frustrated in class choices.

Take a deep breath

Take deep breath



Talk to my Teacher



Work on another assignment

Work on a
different
assignment

Take a break



Take Break Pass

I need a break



I need a break. I will complete my work as soon as I am calm and will not disrupt others.

I need a break



I need a break. I will complete my work as soon as I am calm and will not disrupt others.