

WHAT DOES FRUSTRATION LOOK LIKE?



THANK YOU SO MUCH!

Our mission at GoZen! is providing parents and practitioners with the tools they need to arm kids with essential life skills - not only to manage anxiety, but to live with deeper purpose. We can't do it without your support!

Have any questions or comments about our printable kits? Reach out to go@gozen.com, we'd love to hear from you.

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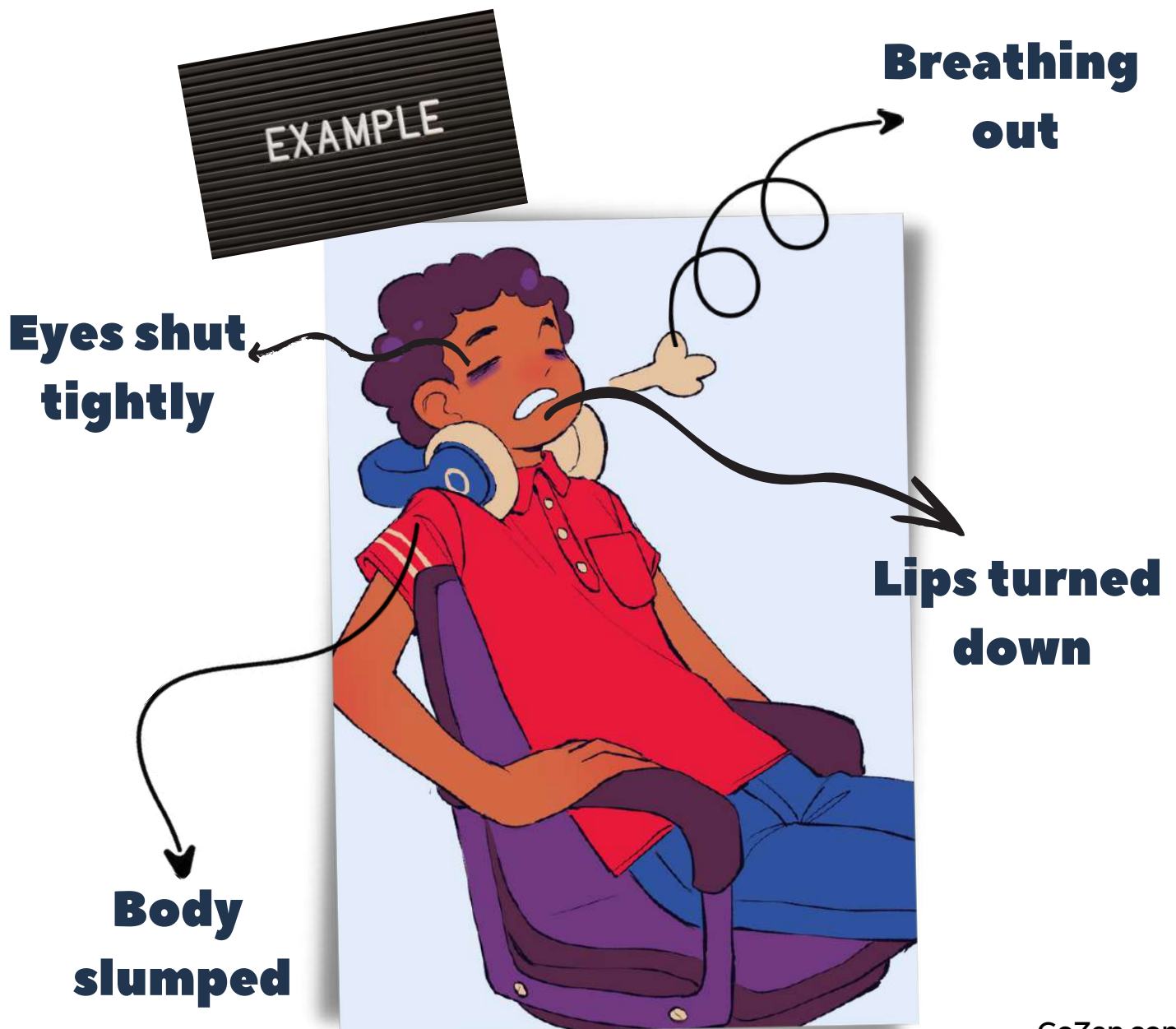
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TRANSLATIONS:

We are working on translations for this kit. We have it [available in Spanish here](#). We will have it available in other languages soon!

How to Use this Book

Have you ever thought about what frustration "looks" like? Sometimes we show our frustration with words, but a lot of times, we use our bodies, too. This activity book is about noticing body language when people are frustrated. Read through the scenarios and draw out what you see kids doing with their bodies. Notice as many things as you can!



Lizzy gets Stuck

Lizzy is frustrated with her assignment. She keeps erasing her answer to one problem. She feels totally stuck. Lizzy hates when she make mistakes!



How frustrated is Lizzy?



Sage's Excuses

Everyone else seems to understand what's happening in science class today. Sage is confused. They all start to do experiments at their desks, but Sage doesn't understand the instructions. She mixes up what's in her test tubes--the solution turns black instead of green. Ugh!



How frustrated is Sage?



Orlando's Big Crash

Orlando has been working on this science presentation for hours. So much was written and so many charts were drawn, then boom! The computer crashes and won't start up again. Orlando didn't back up his work... everything is lost. What a mistake!



How frustrated is Orlando?



Hannah's Mishap

Hannah just realized she did the wrong science homework. Everyone else worked on page 44 and she brought in page 45. Ugh! Hannah knows she made a HUGE mistake.



How frustrated is Hannah?



June's Terrible Tryout

Tryouts for the swim team are over, and June is looking over the list of kids who made it. His name isn't there. He worked hard at swim camp all summer, but he got nervous and had a TERRIBLE tryout. His rhythm was so off. Now he wondered if he'd ever be good enough.



How frustrated is June?



Tess Tuned Out

Tess was daydreaming in history class... again. She sat next to the window and it was right before recess; it was easy for her to start thinking about running around outside. She missed what her teacher said about homework... again. Uh oh, now what?



How frustrated is Tess?



Lucia Thinks It's Not Fair

"Majika, you got a perfect score!" says the teacher. Lucia thinks that's totally unfair. She knows Majika's mom helped her. Lucia knows she had mistakes on her paper, but she did all the work herself.



How frustrated is Lucia?



Kochar Just Wants to Play

It's the first nice day this spring. The snow is melting and the sun is finally out. Kochar can hear kids playing outside, yet his mom says he can't play until his math homework is done. He keeps rushing and making mistakes. He feels like he'll never get to play outside.



How frustrated is Kochar?



Grace's Pop Quiz

"Pop quiz from the reading last night," says the teacher as she hands out papers. Grace works hard, but yesterday she had coding class after school and went grocery shopping with her mom. After that, she was out of energy for studying. She looks down at the quiz. "Of course, the ONE day I'm not ready."



How frustrated is Grace?



J.J. Wants to Hide

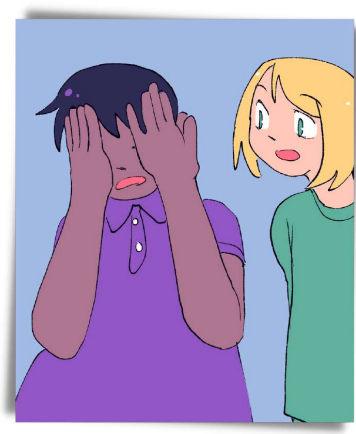
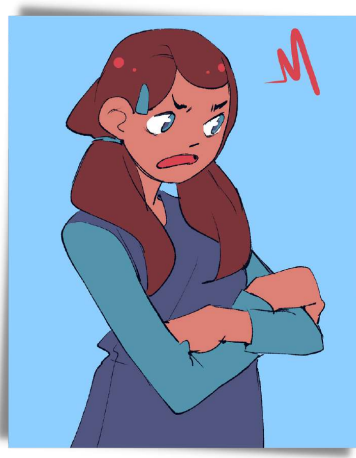
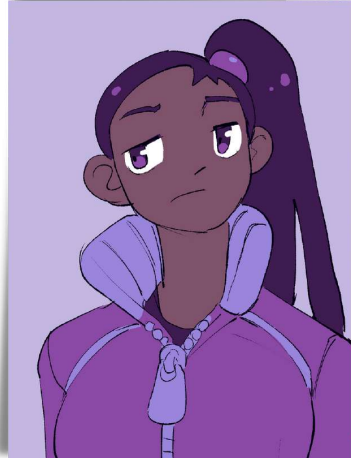
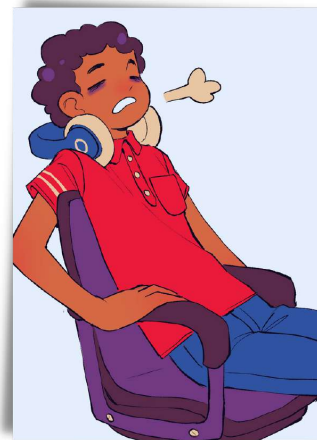
J.J. is standing with a group of friends. While telling a story, he makes a mistake and gets his words twisted. He says something silly that makes everyone laugh. It's totally embarrassing. J.J. feels frustrated with himself and mad at everyone who's laughing. He wishes he could just disappear from sight.



How frustrated is J.J.?



Think of your body language the last time you got frustrated. Who did you look most like? Put a circle around them. Who do you think made the most noise when they were frustrated? Who made the least noise? Do you think the more frustrated you are, the louder you are? Why or why not?



What happened the last time you got frustrated?

Draw an image of how you get frustrated.
What do you notice about your body when you're frustrated?