

# frustrated

This boy is feeling **frustrated** because he has been trying to draw a picture of a dog and he just can't make it look **EXACTLY** how he wants it to look. He growls and he looks angry... and he screws up the picture that he has drawn.

Do you think he is a little bit frustrated? Or **REALLY** frustrated?



What do you find tricky to do?  
Do **YOU** feel frustrated when you try to do it?

If we get **REALLY** frustrated, we often give up trying because we are no longer in control.  
What would you suggest the boy does right now?

- Some suggestions**
- Give up?
  - Calm down?
  - Try again?
  - Throw his book at the wall?
  - Draw a cat instead?
  - Ask for help?
  - Have a break and come back to drawing later?
  - Scream out "I CAN'T DO THIS!" ?

