



Frustration



What is frustration?

Definition of 'frustration'

NOUN



1. the condition of being frustrated
2. something that frustrates
3. psychology
 - a. the prevention or hindering of a potentially satisfying activity
 - b. the emotional reaction to such prevention that may involve aggression



We are going to look at what makes us frustrated



What does frustration looks like



Who can help us



Techniques we can use

What makes adults frustrated?

TTYP



What makes children frustrated?

TTYP



Is it the same?

Lets have a look at frustration

Key Stage 1

 <https://www.youtube.com/watch?v=foC008X-Njl>

What did you see?



Key Stage 2

 <https://www.youtube.com/watch?v=HjGJaoNZFvk>

What did you see?



Things to think in your head

When do I feel frustrated?

How does it feel?

Is it a comfortable or uncomfortable feeling?

What does it make me feel like doing?

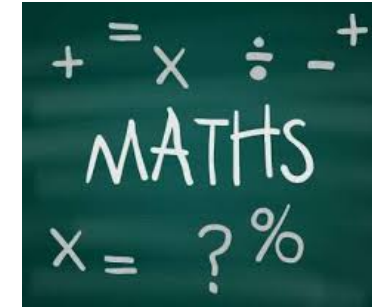
Do I need to help myself when I feel like this?

If so how?

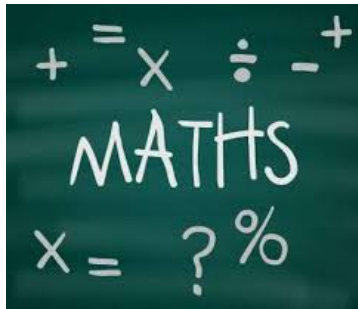
If I need help, Who else can help me?

What things at school cause you to be frustrated?

TTYP



What things at school cause your teachers to be frustrated?



Is it the same?

How can we stop this frustration?

TTYP

Techniques we can use:

1. Square breathing
2. Write it down
3. Go for a walk
4. Tell an adult
5. Ask for help

Group exercise

Square breathing

<https://www.youtube.com/watch?v=YFdZXwE6fRE>



Group exercise

1. Write down on a piece of paper something that you find frustrating
2. Put all the pieces of paper in a pot/bowl
3. Teacher to choose one piece of paper and read out the frustration.
4. Everyone think in your head what technique you would use. Share some ideas with the group and discuss

The word frustration means ...

We show this by ...

An example of this is when...

Techniques we can use when frustrated
are ...

The things I am going to try?

