

Social Story 'Frustration'

Jack goes to Lane End Primary. He finds most of the work he is asked to do easy. He doesn't need much help and always finishes his work in the given timescales. Although, recently not everything has been as easy for him.

Recently, Jack is finding the work at school much harder. In fact it is much harder than he imagined. He asks for help but still doesn't understand the task. He starts to feel silly. He doesn't want the other children in the class to know that he finds the task difficult. That's because the other children all seem to understand. This is when Jack starts to feel frustrated.

He starts to get a tingly feeling inside. This funny feeling is in his stomach but sometimes it is in his head and legs. When that happens he becomes tense and edgy. He starts to tell himself that he 'just can't do it!'. He struggles to sit still so now he starts to mess around a little and annoy others. Sometimes the teacher notices. If this happens Jack will stand up and walk out of the classroom. Sometimes, Jack will shout out and he will start to cry.

Jack is experiencing the feeling/emotion frustration. It is a feeling that everyone experiences for different reasons. It might be that they want to finish a task or don't want to move on to the next one. Or it might just be that they are tired or unwell.

It is OK to feel frustrated. The key is to understand what is causing the feeling and what help is needed to stop it continuing.

When Jack feels frustrated the first thing he does is tell an adult. Together Jack and the adult discuss what technique he can use to help him calm. Jack likes to use square breathing. This is where he has to look for a square shaped object to help him focus. He breathes in for 4 seconds, holds for 4 seconds, breathes out for 4 seconds and holds for 4 seconds. Jack notices that this technique helps him to relax. Sometimes Jack uses the calm down bag to help him focus. There are lots of tools in the bag to help him calm.

It can take time to calm down and Jack always speaks to the adult before returning to the classroom. Just in case he needs more time. If he needs more time the adult might give him a job to do around school. Jack likes the responsibility so he is working really hard to control his frustrations.

Jack has noticed if he remains calm he is rewarded with Lane End leaves and Gold cards. He feels good inside when he is rewarded. He likes the attention and is trying really hard to control his frustration.