

Academia

Choices When I am Frustrated

Suggestions:

The task can be either in a folder or one page format. Other modifications: use only phrases or phrases with images. Additionally, a student may come up with relaxation strategies to help work through frustration

For folder task:

1. Print page 2.
2. Glue envelopes and corresponding labels to the inside of a folder.
3. [Optional] Laminate the folder, and cut a slit to open envelopes.
4. Laminate and cut out phrases.

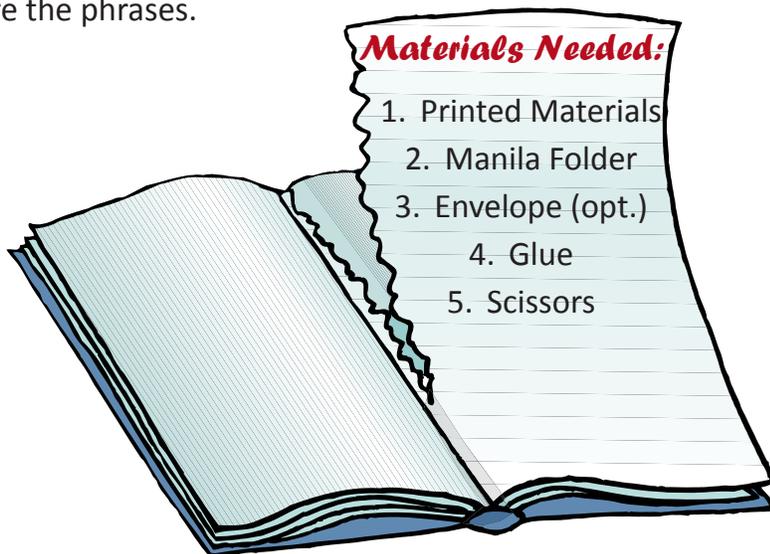
For one-page task:

1. Print and laminate pages 2 and 3.
2. Place vertically two strips velcro on p. 3 for phrase choices.
3. Cut out phrases and place velcro on the backside.
4. [Optional] Attach an envelope or a plastic bag to the bottom of the page to store the phrases.

Relaxation Page:

1. Print p. 4
2. Allow student to come up with relaxation techniques that help him/her
3. When finished, place in an area where this student can easily refer to when the frustration level is increasing.

Modify to meet individual needs of your students!



Materials provided are **samples only!**
They may need to be individualized to meet the particular needs of a person with an ASD!



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Also, check out...

How-To Video: First-Then Board
How-To Video: Choice Board

How-To Template: Choice Board
How-To Template: Visual Schedules
How-To Template: Activity Schedule
How-To Schedule: First-Then Board

Kid's Corner Series
Life with ASD Series
Academia Series
Strategy in Practice

View/download these and other templates at www.HANDSinAutism.org/tools/Academia.html



Sorting Task

Writing Task



Appropriate choices to make when I am frustrated



Ask to take a walk	
Work through the frustration and continue working	
Put on headphones and listen to music while continuing to work	
Ask to get a drink of water	
Take deep breaths	
Ask to take a quick break	

Inappropriate choices to make when I am frustrated

Hit my body	
Not listen to what teacher says	
Punch wall, door, or cabinet	
Scream at my teacher	
Hit my friends	



Appropriate choices to make
when I am frustrated

Inappropriate choices to make
when I am frustrated

