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 Needed:

1. Printed Materials
2. Manila Folder
3. Envelope (opt.)
4. Glue
5. Scissors

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

When I am frustrated, I can choose to do one of the following to help me calm down:

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