

my FRUSTRATED



my Frustrated
MONSTERS

What happens to your body when you are frustrated?

Stiff shoulders
Scrunched up face
Arms out in questioning stance
Tightness in chest
Groaning
Grinding your teeth
Hands in fists
Stamping

HEART and MIND Teaching

MY FRUSTRATED MONSTER



Session Objective:

- *Students will identify how their body feels and looks when frustrated.
- *Students will recognize different actions that make them frustrated.

Materials:

- *Pencils
- *Crayons
- *My Frustrated Monster handouts

Guiding Questions:

- *How do we look when we are frustrated?
- *What are some things that make us feel frustrated?

Session Details (about 30 minutes)

*My Frustrated Monster activity: "Everyone expresses their emotions differently, when frustrated some people stomp their feet, some grind their teeth, some clench their fists, some get a tightness in their chest. It's important to identify how we look when frustrated so we know when we are starting to get upset, and can then do things to calm down." Pass out the frustrated monster handout. Show them the example of the one that is completed. "This is your frustrated monster, describe how you look or act when frustrated then share with the group. You will notice some of us express our frustrations in the same way." Pass out the color my monster handouts. "Now that we know how we look when frustrated, let's find out what makes us frustrated and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them frustrated." Once everyone has completed their pages, go through each one and discuss why they put not frustrated, a little frustrated, or very frustrated. Next, give them the last two pages to complete about people and places that frustrate them. "It's important to also determine what others do to bring out our frustration and locations that cause concerns to us."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

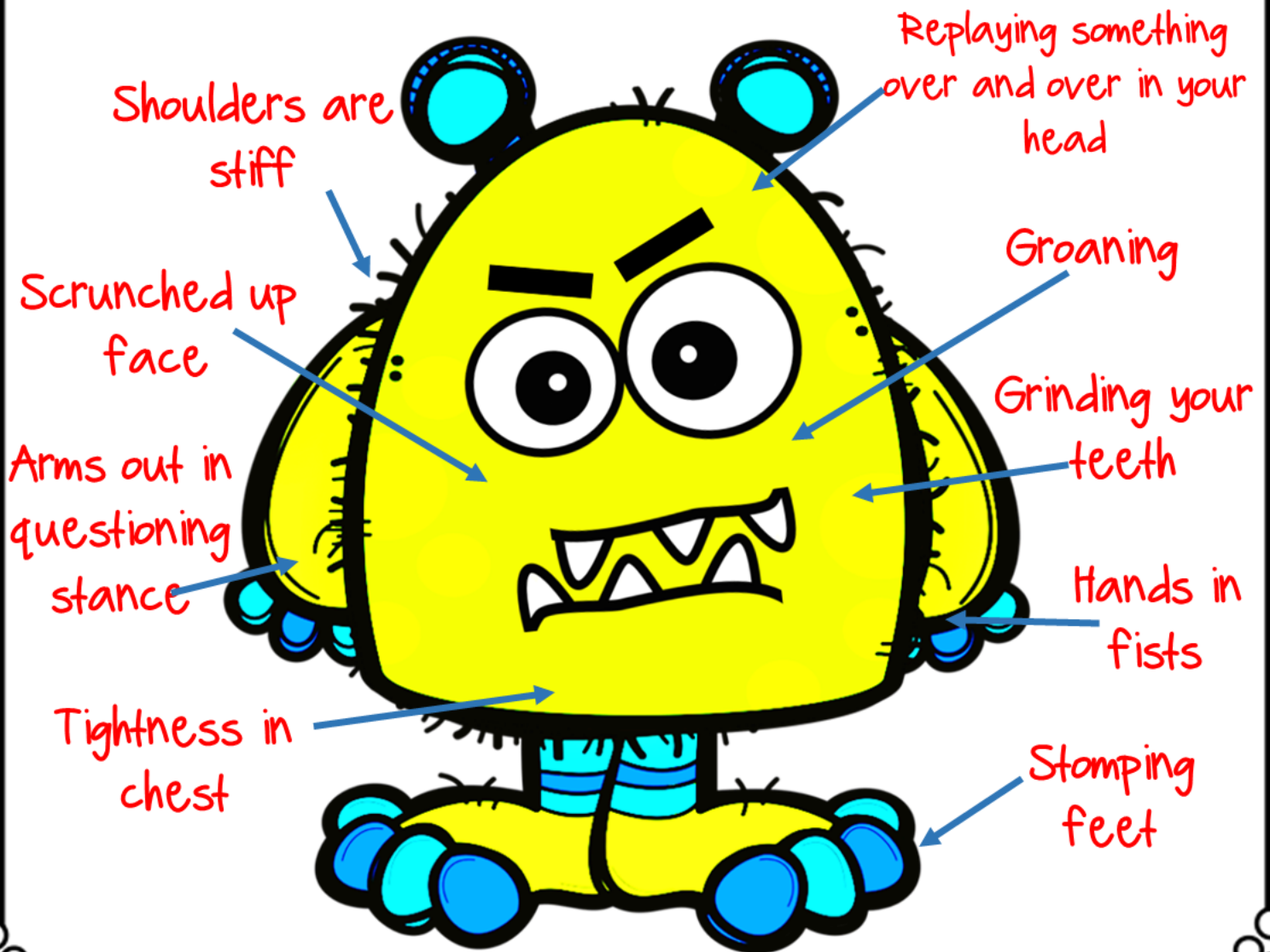
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

My Frustrated



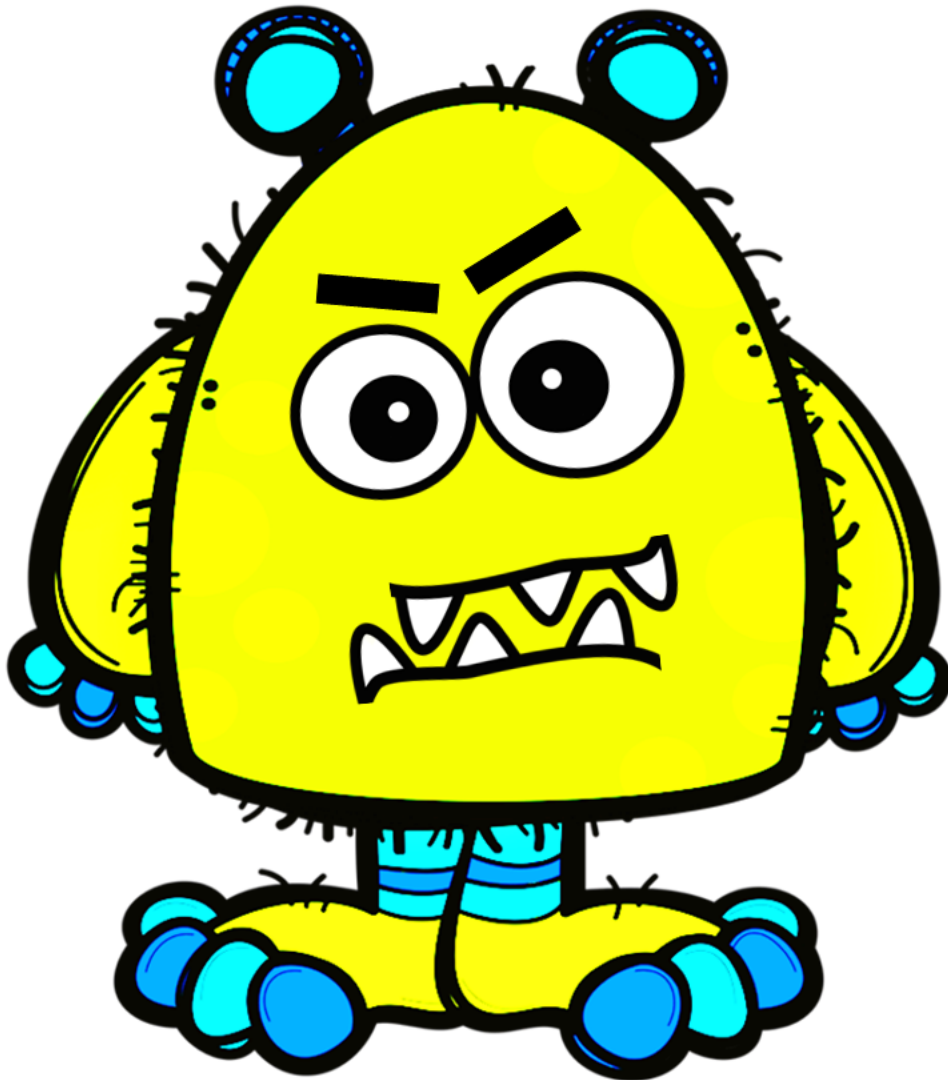
What happens to your body when you are frustrated?



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What happens to your body when you are frustrated?



Color your Frustrated Monster



Not
Frustrated



A little
Frustrated



VERY
Frustrated

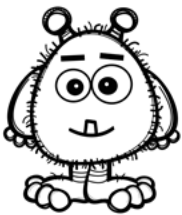
Color the monsters using the color code above, based on how you would feel to each given situation.



Someone interrupts me.



Someone does not share with me.



Someone won't let me pick what game we play.



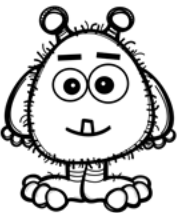
I try hard and still can't do something.



My parents won't listen to me.



Someone won't give me attention.

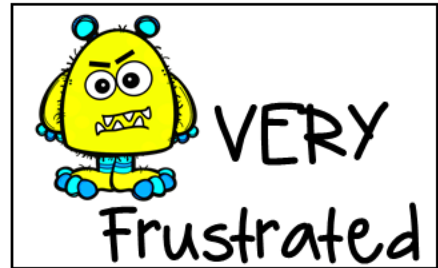
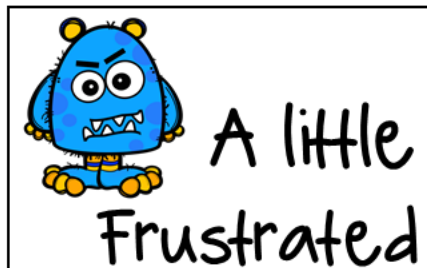
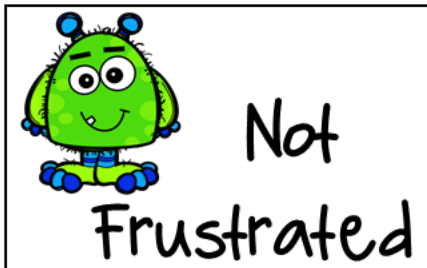


Someone lies to me.



Someone breaks a promise to me.

Color your Frustrated Monster



Color the monsters using the color code above, based on how you would feel to each given situation.



Someone won't let me have a turn.



My partner is not doing their part of the work.



Someone makes me feel stupid.



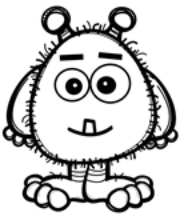
I don't get what I want.



My teacher does not listen to me.



I get a bad grade.

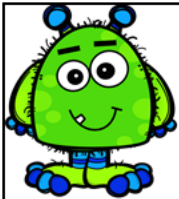


I don't understand the lesson that was just taught.



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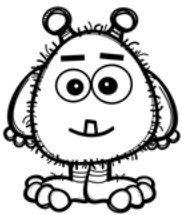
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Someone bosses me around.



Someone breaks my stuff.



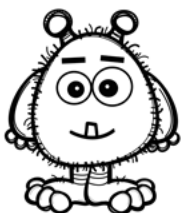
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My favorite sports team loses.



The power goes out during my favorite TV show.



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I get frustrated when my:

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Father

Brother

Sister

Grandparent

Teacher

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Friend



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Some places cause our Frustrated Monster to show itself, describe what happens in these areas in your life.

I get frustrated when this happens:

In my classroom

In the hallway

In the cafeteria

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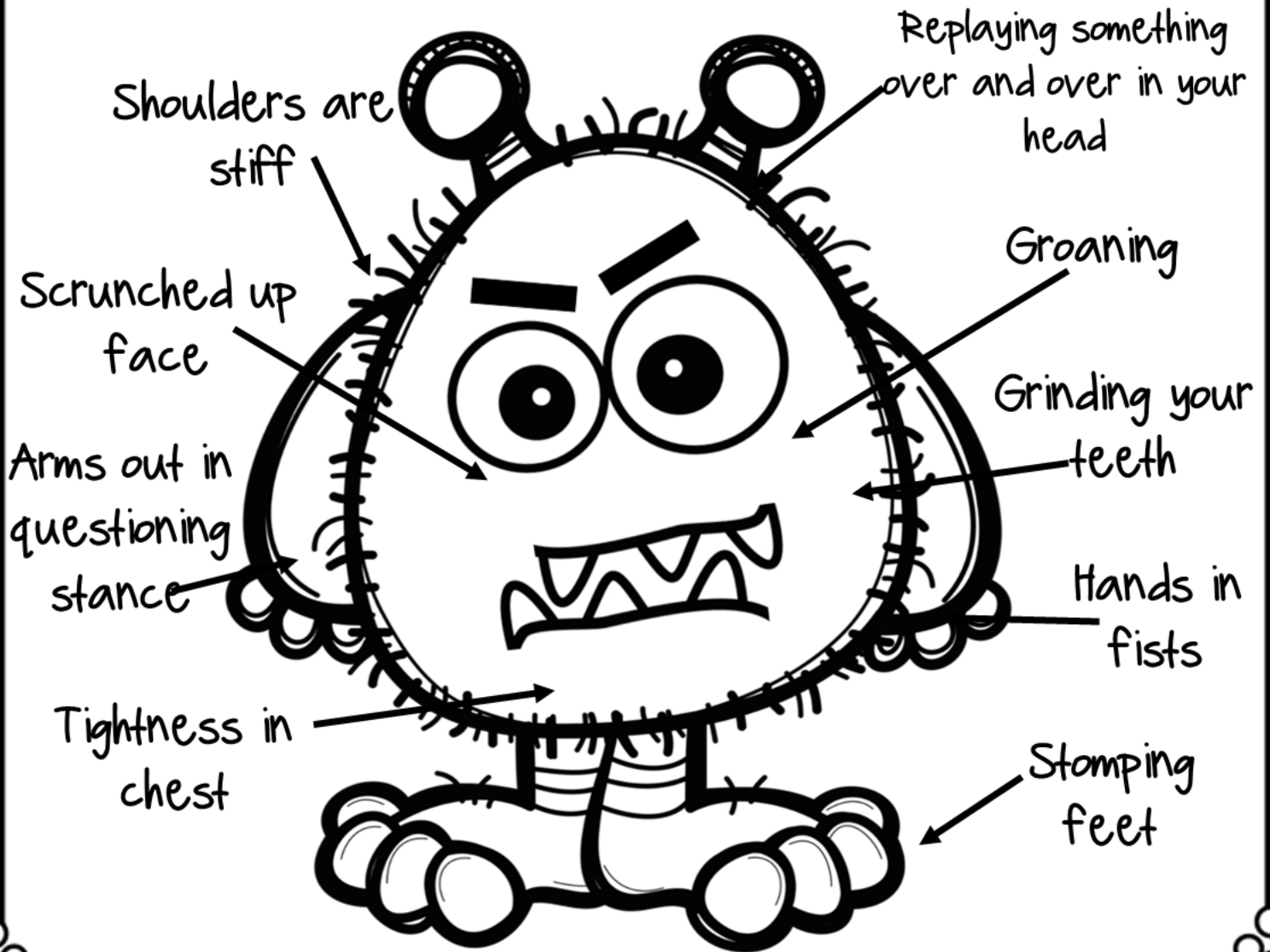
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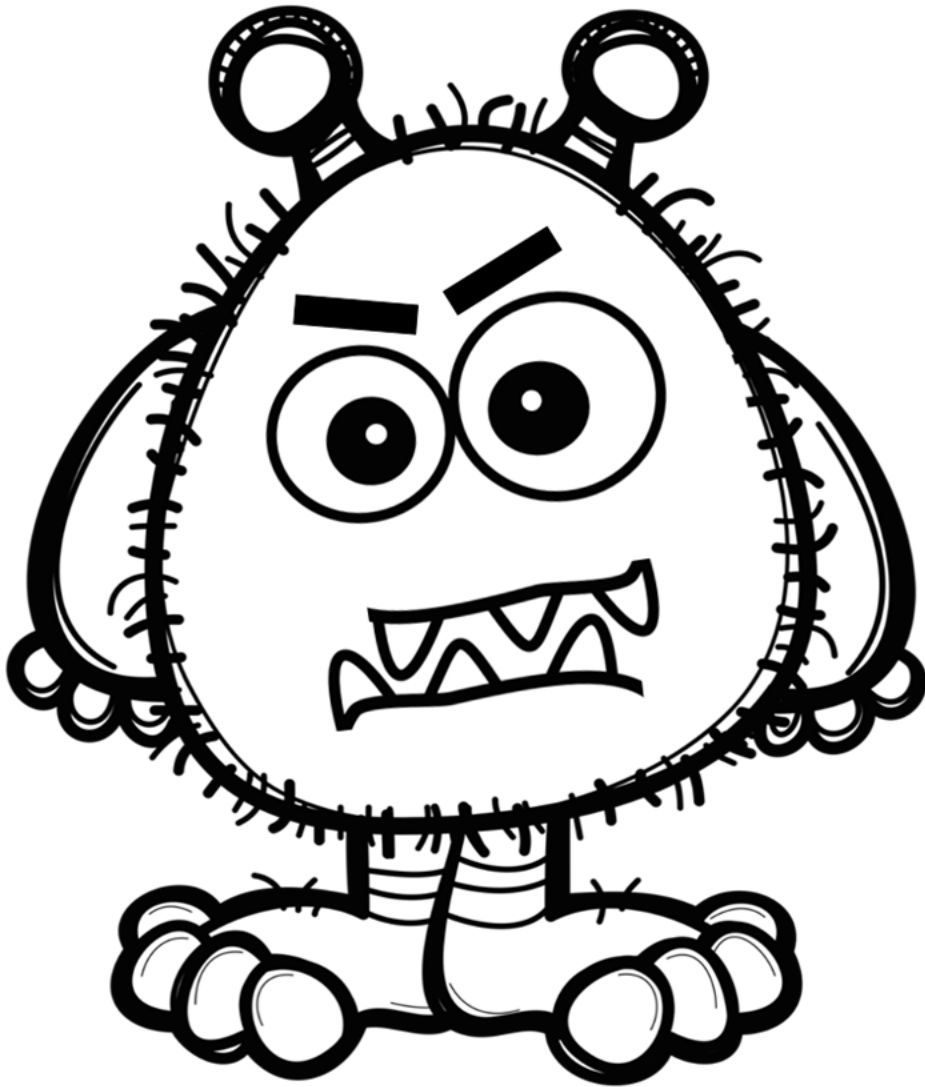
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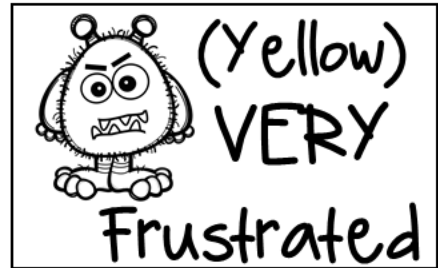
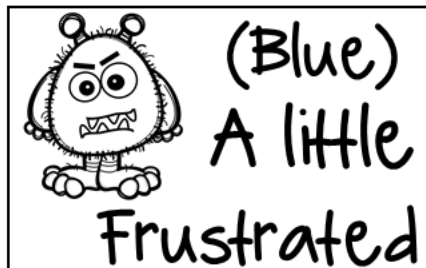
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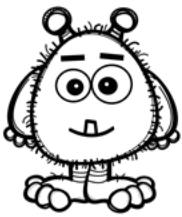
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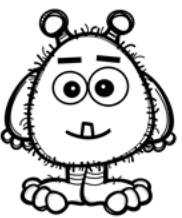
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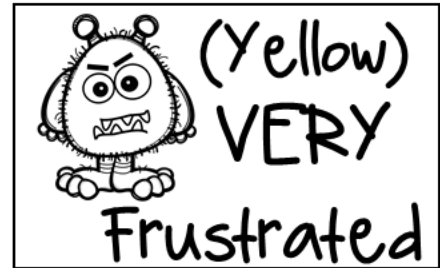
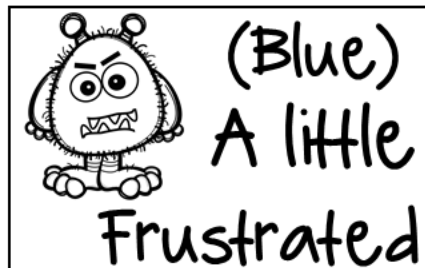


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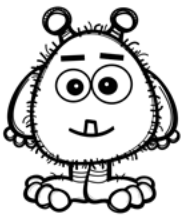
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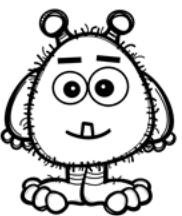
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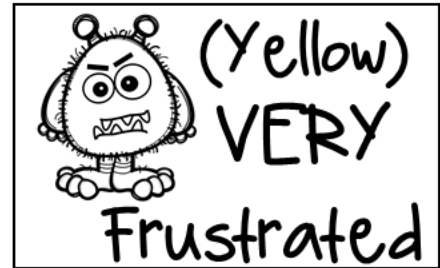
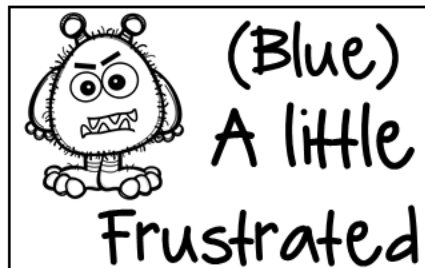


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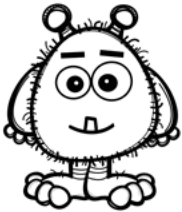
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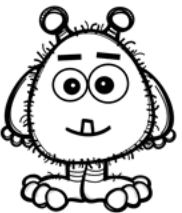
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GOOGLE CLASSROOM

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Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Frustrated Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!



This activity is meant for google edit mode, the drag & drop and text boxes will not work in presentation mode.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom](#) [Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

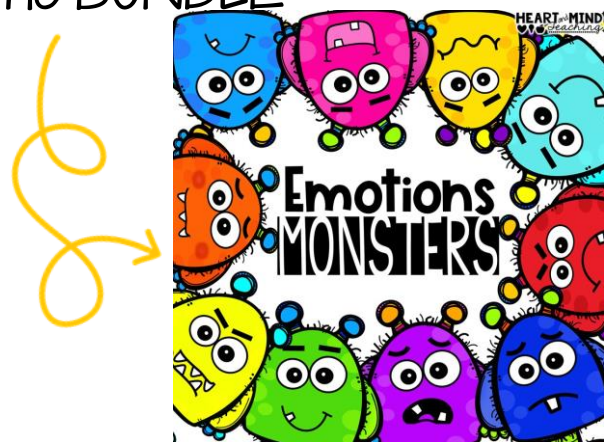
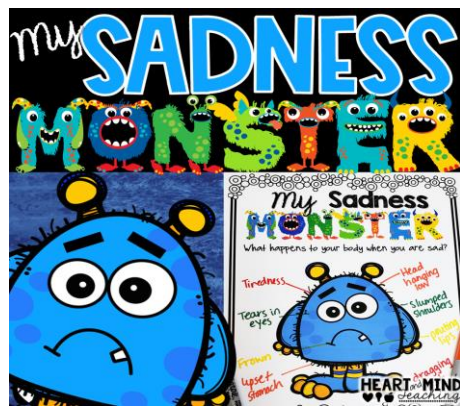
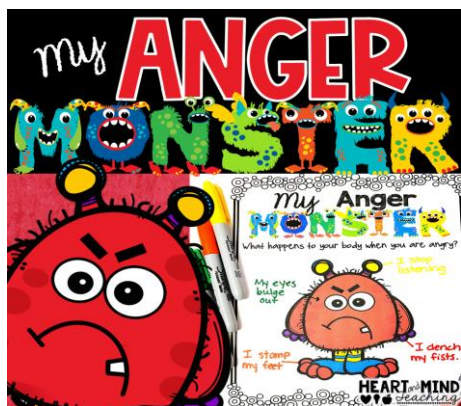
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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