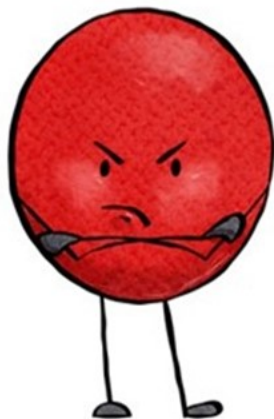


SOCIAL STORY

FEELING FRUSTRATED



When Dottie felt *frustrated*...



A Social Story



Teaching Notes

A social story is an effective way to teach children how to navigate a new situation, such as starting school or preschool.

Social stories can help children understand what to expect at school or preschool and they can be used to support orientation, which is particularly useful when children and families are not able to be on-site.

Encouraging children to try new foods once is a common social skill that needs to be frequently addressed.

As educators we always will say things like, "go on , give it a try' or "You never know, you might love it", however we need to explicitly teach these skills.

This story can be used to help children to broaden their interest and likes in different foods.



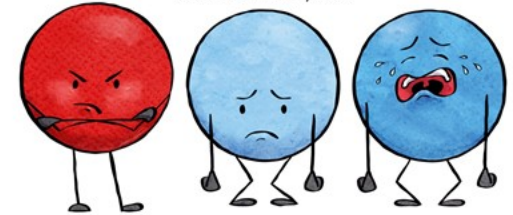
This is Dottie.
He was trying hard to build a lego castle, but...
he ran out of time.
This made him *FRUSTRATED*.



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That made Dottie feel angry.
He gave up and wanted to cry.
He shouted and yelled.



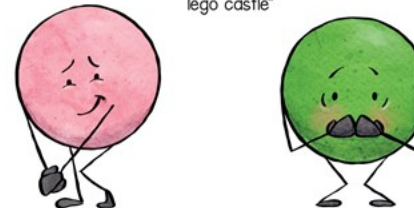
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He got angry with his friends and shouted at them..
He didn't make a good choice.
He hurt his friends' feelings.



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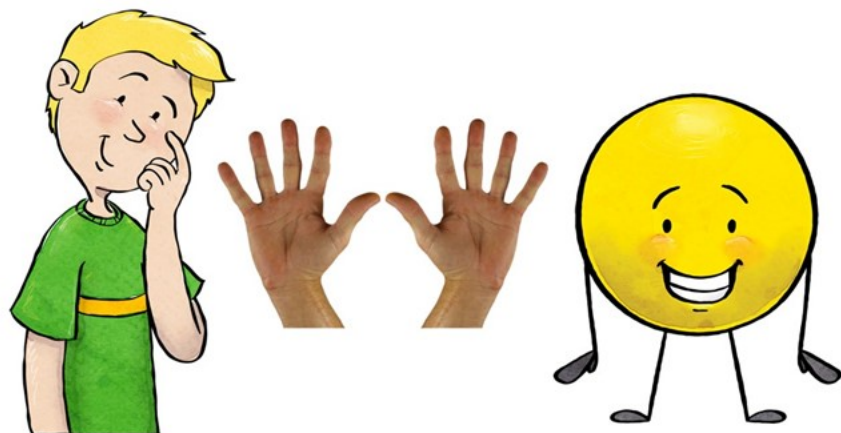
Instead of yelling and shouting, Dottie could use his words.
and say ...
"I'm sorry. I'm feeling *frustrated* because I couldn't finish my
lego castle"



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Instead of hiding or running away, Dottie can count to ten using his fingers.



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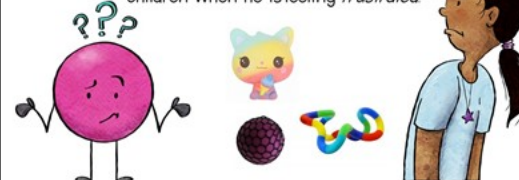
Instead of kicking something or someone, Dottie can just walk away and take some deep breaths.



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Instead of biting someone, Dottie can play with a squeeze toy or calm himself down in his own personal space.

It is best for him to stay away from other children when he is feeling frustrated



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Instead of pushing someone if he is feeling frustrated, He can have a big drink of water and then sit in his quiet place.



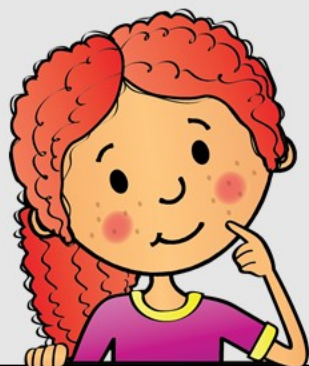
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When Dottie is feeling *frustrated or angry*, he can talk to his teacher or another adult he feels safe with.



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When Dottie is frustrated, he can make good choices.
Dottie is happy.
His friends and teacher are happy too.



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Sometimes when Dottie is feeling *frustrated* he kicks and bites...sometimes he runs away.
These are not good choices when you he is *frustrated*.



Dottie has good friends.
They help him to make good choices.
Let's read some of their choices.



Instead of hiding or running away, Dottie can count to ten using his fingers.



Instead of kicking something or someone.
Dottie can just walk away and take some deep breaths.



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Instead of biting someone.
Dottie can play with a squeeze toy or calm himself down in his own personal space.



Instead of pushing someone if he is feeling frustrated.
He can have a big drink of water and then sit in his quiet place.



When Dottie is feeling *frustrated or angry*, he can talk to his teacher or another adult he feels safe with.



When Dottie is frustrated, he can make good choices.
Dottie is happy.
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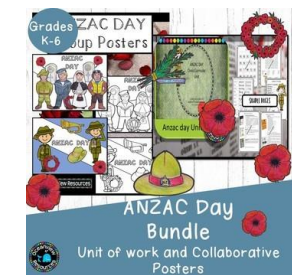
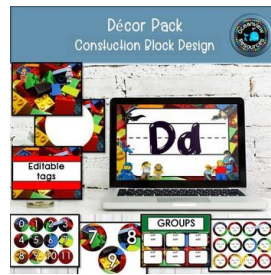
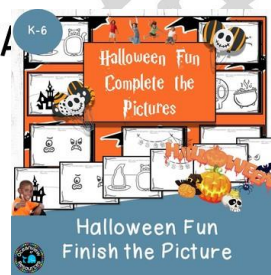
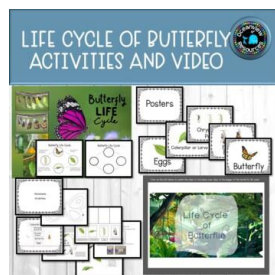


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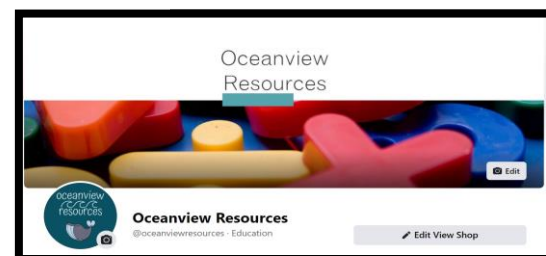
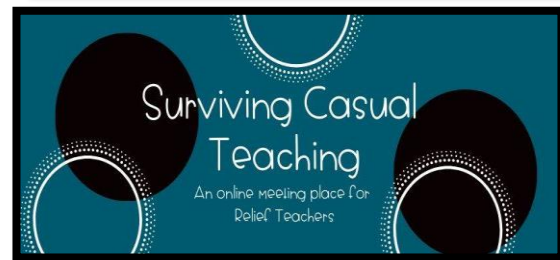
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