

# FREE

# WHEN I'M FRUSTRATED

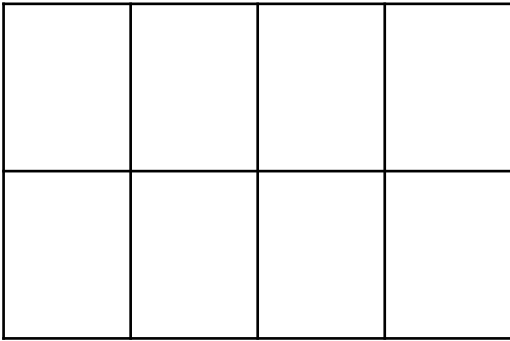
allison  
fors



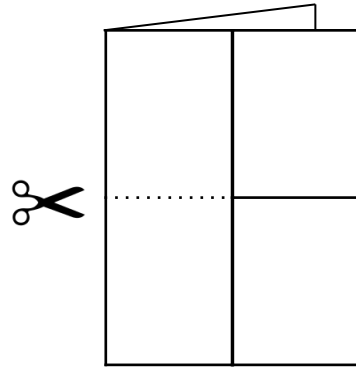
# SOCIAL STORY

# HOW TO FOLD THE MINI BOOK:

1. Fold along all lines



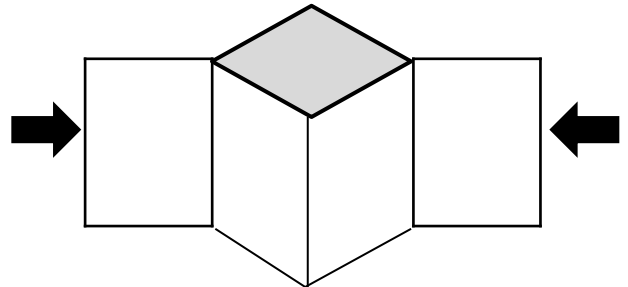
2. Fold in half and cut along dotted line, as shown below



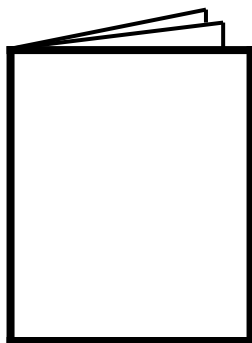
3. Open and fold lengthwise



4. Push in on both ends



5. Fold the book and close



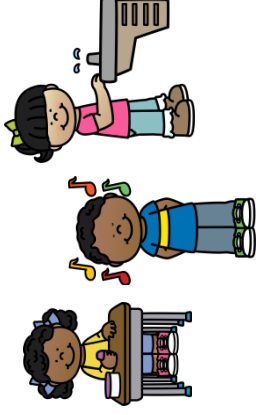
# SOCIAL STORY

## WHEN I GET FRUSTRATED...



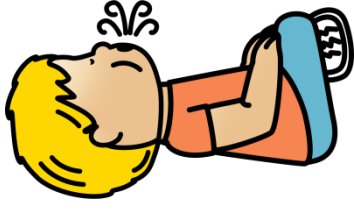
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What else can you do when you get frustrated?



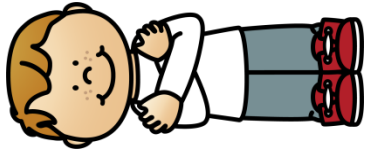
8

Instead of pushing someone, I can take a deep breath.



7

Instead of biting someone, I can squeeze my body or my hands together.



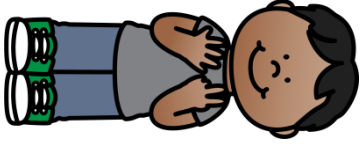
9

Instead of yelling, I can use my words and say "I'm frustrated right now".



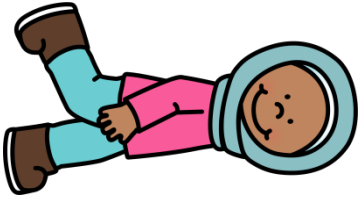
3

Instead of hiding or running away, I can use my fingers to count to 10.



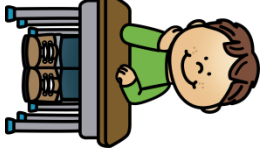
4

Instead of kicking someone or something, I can walk away.



5

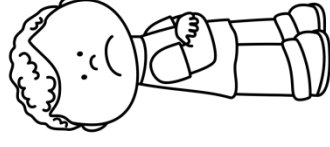
Sometimes when I am frustrated or upset, I make choices that can hurt other people's bodies and feelings. But I can make good choices!



2

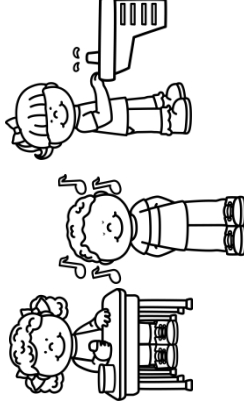
# SOCIAL STORY

## WHEN I GET FRUSTRATED...



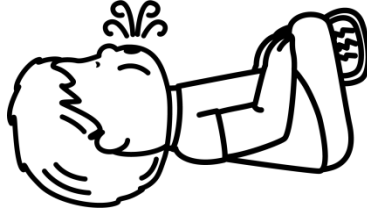
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What else can you do when you get frustrated?



8

Instead of pushing someone, I can take a deep breath.



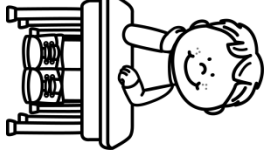
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Instead of biting someone, I can squeeze my body or my hands together.



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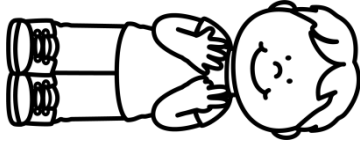
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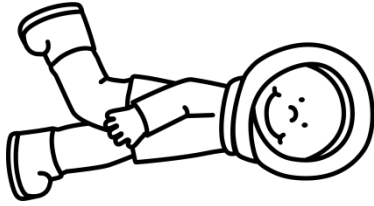
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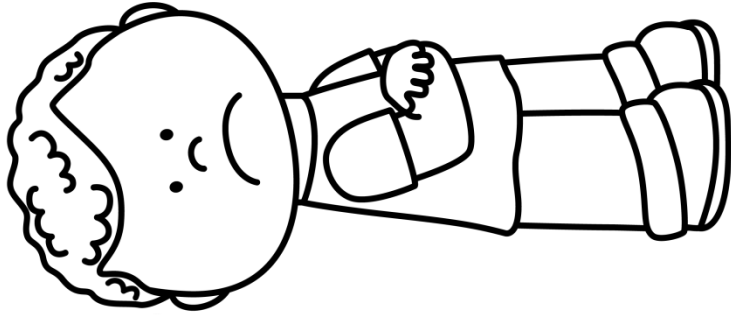
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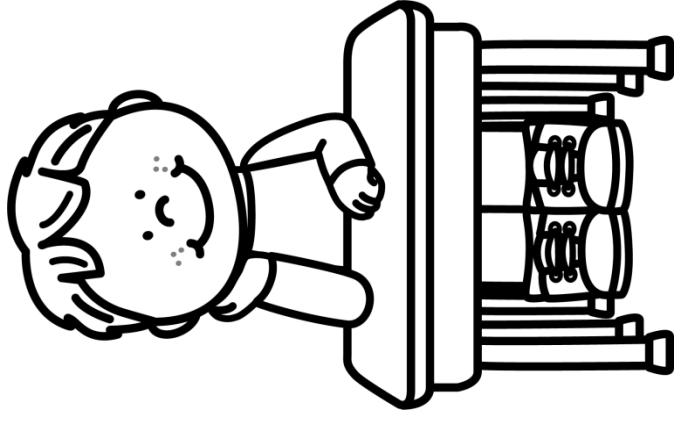
Instead of kicking someone or something, I can walk away.

# WHEN I GET FRUSTRATED...



# SOCIAL STORY

2



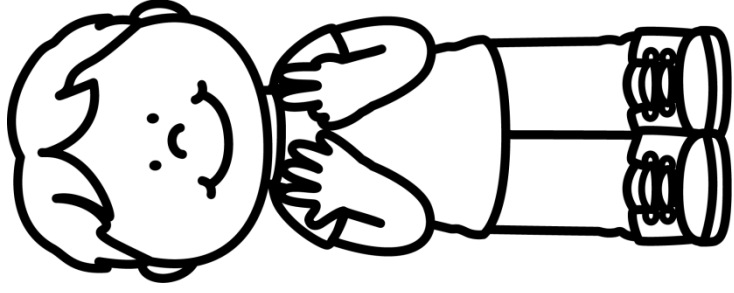
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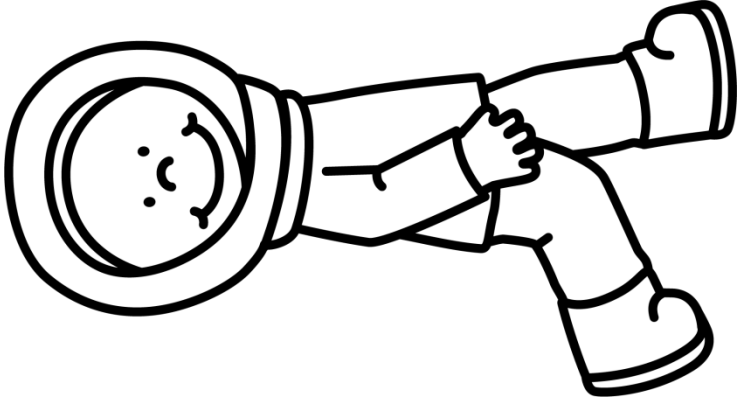
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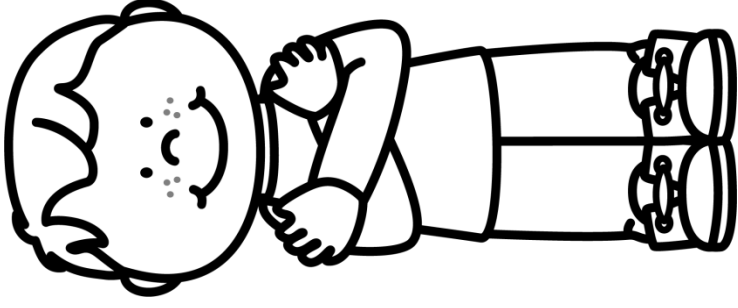
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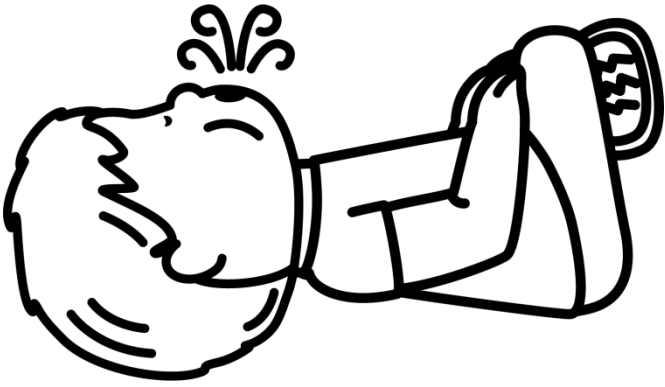


Instead of kicking someone  
or something, I can  
walk away.

6

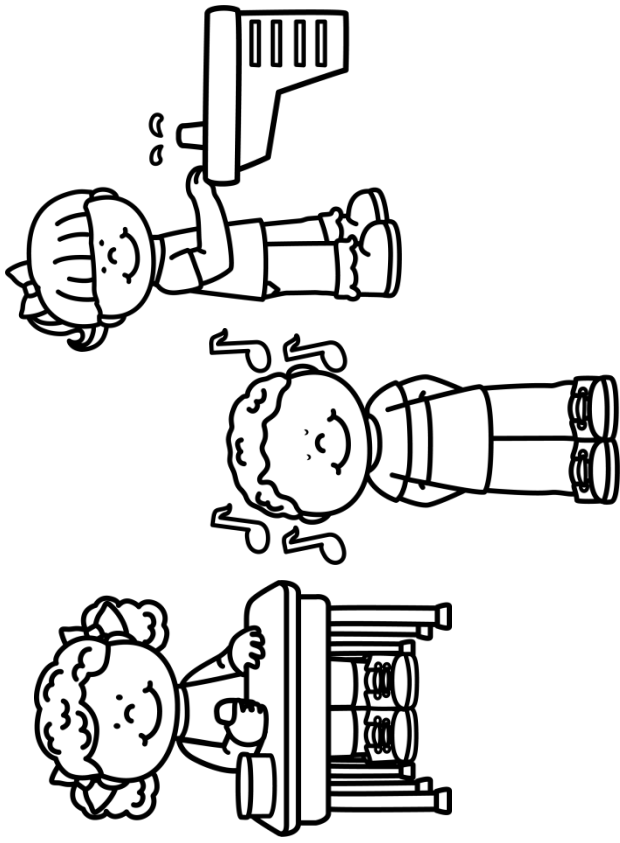


Instead of biting someone,  
I can squeeze my body or  
my hands together.



Instead of pushing someone,  
I can take a deep breath.

What else can you do  
when you get frustrated?





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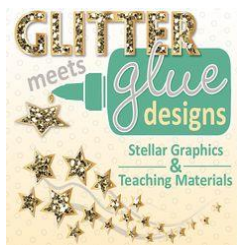
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