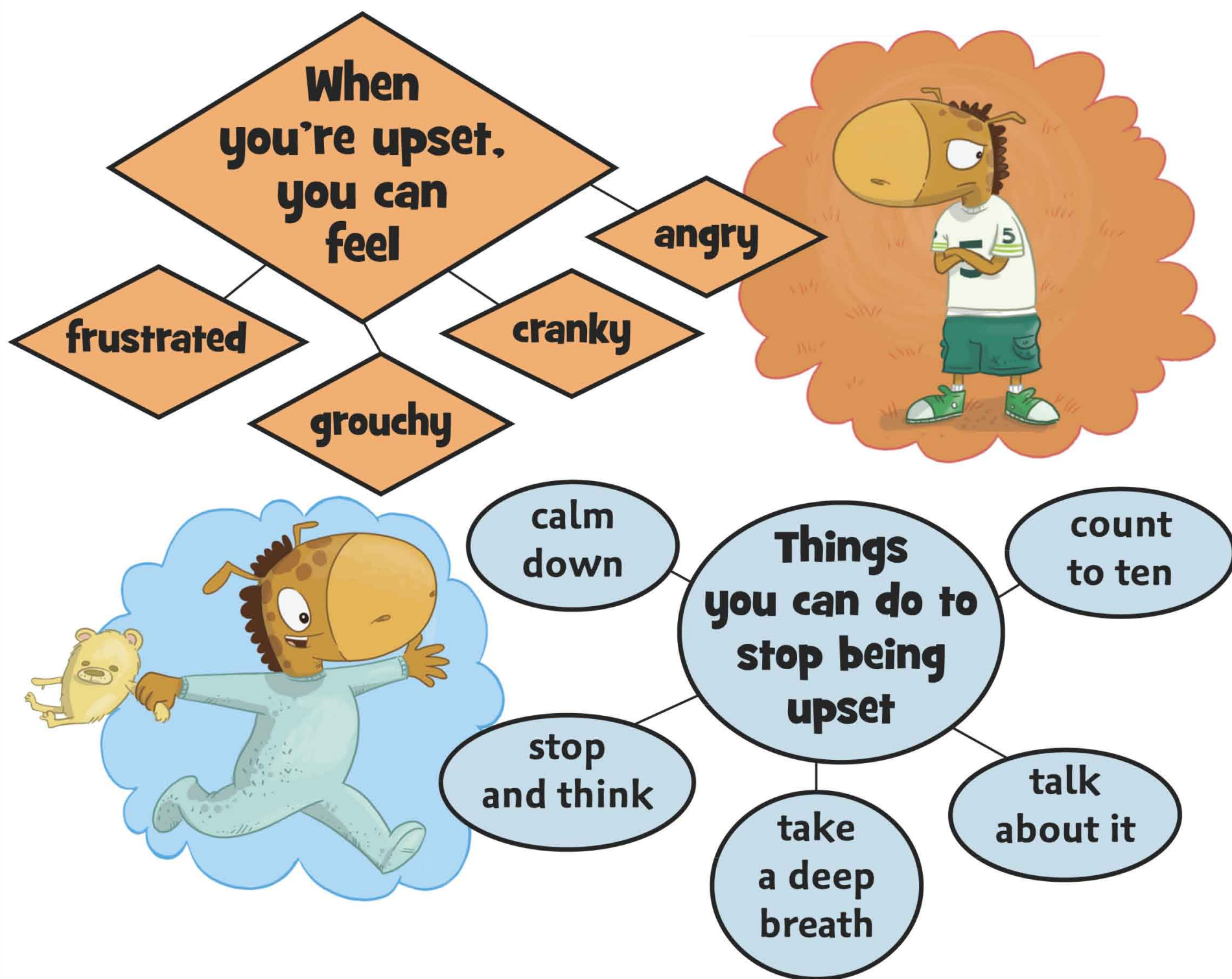


Dealing with Frustration



A Closer Look

1. What do **you** do when you're upset?
2. What helps you feel better when you're frustrated or angry?
3. Draw a picture of how you feel when you're grumpy.
4. Draw a picture of how you like to feel.

