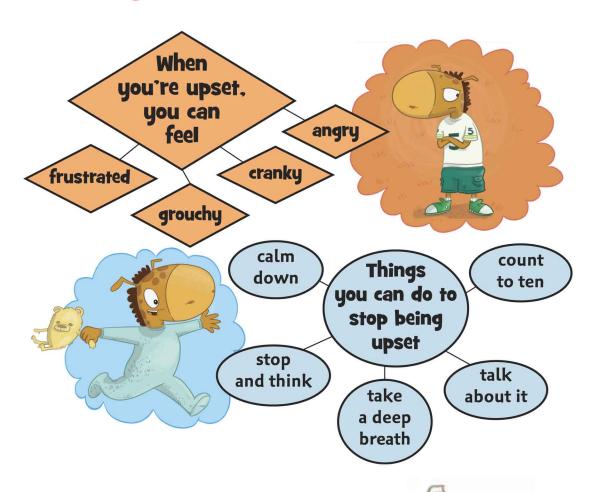
## Dealing with Frustration





## A Closer Look

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









