Kimochis®

building a school-to-home connection

HOMELINKS WEEK 22

Frustrated

This week, your child learned about **frustration** and the Kimochis® *kotowaza*—or Japanese proverb—that accompanies this feeling: **"Bounce back."** This *kotowaza* inspires and encourages children to be resilient when faced with frustration. Frustration is the tense, unhappy feeling that results when you can't do something you should be able to do or want to do. Outbursts that look like anger can be triggered by frustration because young children do not have the language to express their frustrated feelings. It is important for children to persevere with tasks to completion. However, they also need to learn that they can ask for help when they have tried to alleviate frustration on their own, and they do not make progress.

Your child learned the following four steps as a way to help work through frustration:

1. Stop and take a breath.
2. Say, *"I'm frustrated."*
3. Take a breath and try again.
4. Ask for help if they need it.

Your child also learned that sometimes adult help is needed, and that is okay.

See reverse for ways your entire family can learn from this week's lesson!

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Common Language

Bounce back: An encouraging way to help children not fall apart when disappointed, but to cope and rebound

Coaching Frustrated Feelings During Daily Activities

- Before performing a task that is likely to create frustrated feelings, prepare your child by saying, *"Remember that when things get hard, it is easy to feel frustrated. What is one thing you can do if you feel frustrated?"*
- Acknowledge when you observe your child trying to manage frustrated feelings: *"You know just how to make your frustration smaller and better."*
- Model how you handle frustration. Tell your child what you are doing. "*I am going to take a breath and stop for a minute because I am feeling so frustrated."* Additionally, model asking others for help when frustrated. Tell your child you asked for help to make your frustration smaller.

Family Fun: Playful Ways to Practice

- **I SPY FRUSTRATION.** Help your child pick up good communication habits by observing how others handle upset feelings (at school, in the community, at home). Plan an "I Spy Frustration Week." When you see someone who looks frustrated, whisper, *"I spy frustration."* Watch how the person handles the frustrated feelings. Give each other a thumbs-up if you think the person handled it effectively. Later, talk about what seems to make frustration smaller or better.
- **COUNT THE FEELING.** It might be interesting to measure how frequently each family member gets frustrated and manages the feeling. To get a realistic idea, give each family member a cup. Use pennies or other small items and keep them near the cups. Each time you notice feeling frustrated, put a penny in your cup. Periodically, check in to see how much frustration everyone in the family has experienced. Ask if there is anything you could all say or do to comfort one another during frustrating moments.
- **FRUSTRATION FRIENDS.** Decide as a family that when you see or hear frustrated feelings in each other, you will gently say, *"You look frustrated. Can I help?"* Ask family members if they would prefer to have help or would rather be left alone. Help your child to understand that we all have different ways of coping with frustration, and it is important to honor these differences.

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