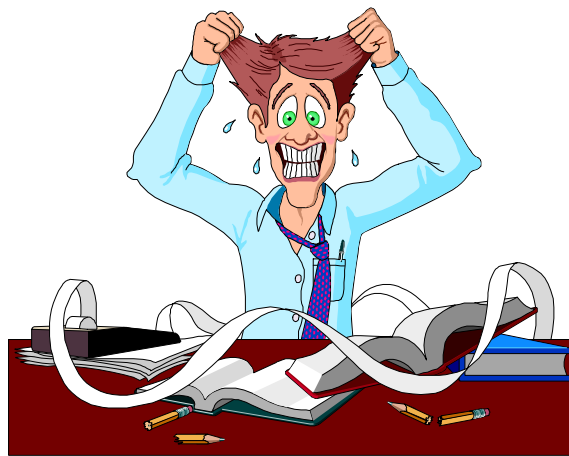


# I'M SO FRUSTRATED!



**CFE 3257V**

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OPEN CAPTIONED  
SUNBURST COMMUNICATIONS  
1994  
Grade Levels: 2-6  
33 minutes  
1 Instructional Graphic Enclosed

## DESCRIPTION

Tommy is frustrated with his building blocks project; John can't solve his math problem; and Darlene's plan to make a birdhouse for her mother goes awry. How can they deal with their frustrations? A clown trying to juggle three balls offers practical suggestions: stop and count to ten, solve the problem one step at a time, and talk to someone and ask for help.

## INSTRUCTIONAL GOALS

- To identify the feeling of being frustrated.
- To explain that frustration is normal and that everyone gets frustrated.
- To illustrate strategies of coping with frustration.
- To identify persons to ask for help when frustrated.
- To emphasize persistence.

## BEFORE SHOWING

1. Read the CAPTION SCRIPT to determine unfamiliar vocabulary and language concepts.
2. Review different types of feelings.
3. Identify the feeling called *frustration*.
  - a. Define *frustration*. Write it on the board or on chart paper.
  - b. Relate a few personal examples of frustrating experiences.
  - c. Identify that feeling as *frustration*.
  - d. Propose the sentence "I'm so frustrated!" as a response to feeling that way.
  - e. Point out the title of the video.

## **DURING SHOWING**

1. View the video more than once, with one showing uninterrupted.
2. Point out the clown's definition of being frustrated. Pause and compare it to the definition from BEFORE SHOWING.
3. Emphasize the review of the coping steps at the end of the video.

## **AFTER SHOWING**

### Discussion Items and Questions

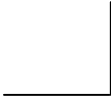

1. Identify the four people in the video who experience frustration. Explain how even a clown can become frustrated.
2. Discuss Tommy's frustrating experience.
  - a. Recall Tommy's first response when he becomes very frustrated.
    - (1) Evaluate his outward response.
    - (2) Name other feelings he displays.
    - (3) Interpret the end result.
  - b. Recall Tommy's second response.
    - (1) Name the new feelings he displays.
    - (2) Relate Tommy's steps of coping.
    - (3) Interpret the end result.
3. Summarize John's frustrating situation. Identify the coping steps he takes.
4. Compare Darlene's frustrating experience to the clown's.
5. Discuss the video's message: "Little by little, step by step, inch by inch, you will find success." Relate how persistence can have rewards.

### Applications and Activities

1. Evaluate whether frustration is a good or bad feeling.
2. Draw "I'm so frustrated!" faces. Display them on a bulletin board or wall.
3. Relate other feelings which appear as a result of frustration.
4. Identify negative reactions or responses, such as hitting, which may occur due to frustration.
5. The steps to coping with frustration are a plan of action. Discuss the value of having a plan ahead of time.
6. Create a poster depicting a coping strategies plan. Entitle it "When You Feel Frustrated." Include:
  - a. Stop and think.
  - b. Step One: Take a break. Count to 10. Do something else for a while.
  - c. Step Two: Try again in different ways, step by step.
  - d. Step Three: Ask for help.
  - e. You will find success!

Relate the dramatizations in the video to the poster.

7. Identify different people who may become frustrated.
  - a. Describe possible reasons for varying frustrations.
  - b. Conclude whether there is anyone who never becomes frustrated.
  - c. Explain frustration as a common feeling.
8. Create a list of people to ask for help when dealing with a frustrating situation.

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9. Role-play frustrating situations. Depict the frustration and dramatize coping strategies.
  10. Identify a personal frustration. Break it down into several little problems. Step by step, work out each little problem until the frustration is solved.
  11. Re-create the clown's frustration in learning to juggle. Apply the three coping strategy steps. Find success!
  12. Interpret and discuss this statement: "What may be frustrating for some people may not be frustrating for others." Give examples.
  13. Develop plans for overcoming different frustrating situations. (See INSTRUCTIONAL GRAPHICS.)

### **INSTRUCTIONAL GRAPHICS**

One instructional graphic is included with this lesson guide. It may be enlarged and used to create transparencies or copies.

- I'M SO FRUSTRATED!

### **WEBSITES**

Explore the Internet to discover sites related to this topic. Check the CFV website for related information (<http://www.cfv.org>).

## CAPTION SCRIPT

Following are the captions as they appear on the video. Teachers are encouraged to read the script prior to viewing the video for pertinent vocabulary, to discover language patterns within the captions, or to determine content for introduction or review. Enlarged copies may be given to students as a language exercise.

[circus organ music]	Can you guess how I feel?
Oh, hello.	You're right. Frustrated!
I'm learning to be a clown	Everyone feels frustrated sometimes.
and I've learned alot.	But I know things that you can do
Now I want to learn to juggle.	to make your frustrated feelings go away.
But I can't do it!	<i>Let me tell you about a boy named Tommy</i>
I'm so frustrated!	<i>and what happened to him when he got frustrated.</i>
Ohhhhh!	<i>Tommy was trying to make a house,</i>
Do you know what "frustrated" means?	<i>but didn't like the way it looked.</i>
Frustrated is how you feel inside	<i>So, he took the house apart</i>
when you want to do something--	<i>to make a fire engine</i>
no matter how hard you try	<i>just like the picture on the box.</i>
you just can't do it.	<i>Tommy studied the picture</i>
Watch me!	<i>and felt he could do it.</i>
Up...up...up...	<i>So piece by piece,</i>
[bell] ding...	
Ohhh...	
Let's try one more time!	

*Tommy started building  
a fire engine.*

*What's that  
supposed to be?*

*A fire engine.*

*It doesn't  
look like one.*

*Tommy agreed.*

*It didn't look anything  
like the picture.*

*Tommy was beginning  
to feel*

*he couldn't build  
anything right.*

*He was starting to  
feel frustrated.*

*The more frustrated he got,  
the harder he tried.*

*The harder he tried,  
the more frustrated he got.*

*Finally, Tommy got so  
frustrated...*

*Oh my!*

*What could Tommy do  
about his frustrated feelings?*

*He could stop  
and count to ten.*

*That would give him  
a chance to relax.*

*Watch what happened  
when Tommy tried it.*

*After counting to ten,*

*Tommy was ready  
to start building again.*

*This time he decided  
to make a helicopter.*

*That would be easier,*

*he thought.*

*But he couldn't  
make the propeller*

*and started to get  
frustrated again.*

*Tommy needed  
another break.*

*But this time,  
he knew*

*counting to ten  
wouldn't be enough.*

*He needed  
a bigger break.*

*So this time he  
got up and walked away*

*and did something different.*

*After a while,  
he came back.*

*And you know what?*

*He made something  
he was proud of.*

*He didn't get  
frustrated either.*

*Sometimes the best thing  
is to walk away.*

*Just kidding.*

*Do something different!*

*Then come back  
and try again.*

*And that worked  
for Tommy.*

*When you feel frustrated  
what can you do?*

*Stop and count to ten*

*When you feel better  
here's what you can do*

Come back  
and try it again  
  
I'm ready to try  
juggling one more time.

Now that I  
took a break,  
  
I don't feel so  
frustrated anymore.

Ohhh...  
Jeepers creepers...

I *still* can't do it.  
Let me think.

I know...

Juggling three  
balls is hard.

I should try  
something easier.

I'll try to  
Juggle *just* two balls.

I'll be right back.

There.

Ahhhh.  
I can do it!

See,  
after you stop,

give yourself a chance  
to try again.

This time  
little by little.

I can practice  
with two balls.

[laughing]  
Ohhh..

Ahhhh!  
Perfect!

I knew a boy named John  
who used this idea

and it worked for him.

He was having a hard time  
doing math problems.

He read the problem over  
and over again.

But couldn't  
figure it out.

Mary's mom made  
seven chocolate chip cookies

and six  
peanut butter cookies.

She took  
four cookies away.

How many cookies  
does Mary's mom have left?

*At first, John tried  
counting on his fingers.*

*But he kept running  
out of fingers.*

*Then, John couldn't  
figure out*

*if he should add  
or take away...or both.*

The harder John tried,  
the more frustrated he got.

So what did he do?

He stopped and decided  
to play for a while.

When frustrated,  
doing something else

can make you  
feel better.

*While John was playing,  
he suddenly remembered*

*something from school.*

*The teacher let  
them use blocks*



*to figure out problems.*

*He could try that!*

*So he went at  
the problem again.*

*He broke the problem  
into parts*

*and did one at a time.*

*This time he used crackers  
to help him count.*

*Seven chocolate chip cookies  
and six peanut butter cookies.*

*He counted seven crackers  
for the chocolate chip cookies.*

*And six different crackers  
for the peanut butter cookies.*

*He remembered that "and"  
means to "add."*

*So he counted the crackers  
and came up with 13.*

*He wrote that down.*

*Then he read the second  
part of the problem.*

*She took four cookies away  
and wrapped them up.*

*John knew that "take away"  
means "subtract."*

*So he subtracted four  
away from 13.*

*How many cookies did  
Mary's mom have left?*

*Mary's mom had  
nine cookies left.*

*Wow!  
John did it!*

*He solved the problem*

one step at a time.

And this time he  
didn't get frustrated.

When you feel frustrated

What can you do?

Take it step by step

Little by little

And inch by inch

You will find success

Look at me!

I can juggle two balls.

I'm so proud!

When I got frustrated,

I stopped  
and counted to ten.

Then I took it  
step by step.

Now I'm ready  
for the next step...

three balls at one time.

Golly gee!  
I *still* can't do it.

Now what?

Maybe I should try what  
my friend Darlene did

when she got  
frustrated...

Just watch.

*Mother's Day was  
around the corner*

*and Darlene decided to  
build her mom a birdhouse.*

*The first thing  
she tried to do*

was glue three pieces  
of wood together.

The glue got  
all over everything.

What a mess!

Darlene started feeling  
a little frustrated.

So Darlene did  
the right thing.

She stopped  
and counted to ten.

Then Darlene went upstairs  
to wash her hands

and get all  
the glue off.

After a few minutes  
she went back

and started all  
over again,

step by step.

*[thinking]*  
This time I won't  
use as much glue.

And I'll try  
some nails.

tack, tack...

Ouch!

Darlene decided she should  
do something different

to get over  
being frustrated.

After playing,  
Darlene was ready

to work on  
the birdhouse again.

She got the sides together,  
then the roof.

But, the roof  
was crooked.

And she didn't  
know how

to make a hole  
for the bird.

She was so frustrated.

She had tried everything

but still couldn't  
make the birdhouse.

She would ask  
her dad for help.

Darlene didn't  
get frustrated

because her dad  
was able to help her

do things she  
couldn't by herself.

Together, they built  
a great birdhouse.

Darlene wrapped it  
up by herself!

She felt very proud

when she gave it  
to her mom.

When you feel frustrated

what can you do?

Stop and think then tell

Tell someone you know

just how you feel

then you can  
ask them for help

Darlene did  
the right things

to get over  
being frustrated.

She took a break,  
counted to ten,  
  
then tried to find a better  
way, step by step.  
  
But she was  
*Still* frustrated.  
  
So, she asked for help.  
  
Right now,  
that's what I'm going to do.  
  
I know just the  
right person too.  
  
My friend  
Jennifer Juggles.  
  
Oh, Jennifer...  
  
Jennifer Juggles!  
  
I've tried to  
juggle three balls,  
  
but I can't  
do it.  
  
I feel  
so frustrated.  
  
Could you help?  
  
Certainly!  
  
Here's what  
to do.  
  
When learning  
to juggle,  
  
always use  
three scarves.  
  
*It's much easier  
than three balls.*  
  
Three scarves?  
  
Watch.  
  
Ahhh! Gee...  
  
That's terrific.  
Can I try?

Sure.  
  
Thanks.  
  
Let's see if  
this really works.  
  
Look!  
I'm doing it!  
  
It works!  
That's terrific!  
  
Ta-da...  
  
Bye-bye...  
  
You know...  
every day there are  
  
new things  
to learn.  
  
It takes time  
to learn new things.  
  
Sometimes, you won't  
be able to do it.  
  
You'll feel frustrated.  
  
But now you know  
what to do.  
  
*First, stop what  
you're doing*  
  
*and give yourself  
a break.*  
  
*Count to ten  
or walk away*  
  
*and do something  
different*  
  
*until your frustrated  
feelings go away.*  
  
*When you  
feel frustrated,*  
  
*break the problem down  
step by step.*  
  
*When you've tried  
and tried*

*and still can't do it,  
ask for help.*

*Everyone needs  
help sometimes.*

*And when you ask  
for help,*

*you won't feel frustrated  
anymore.*

When you feel frustrated,  
what can you do?

Stop and count to ten

When you feel better  
here's what you can do

Come back and try it again  
Come back and try it again

When you feel frustrated  
what can you do

Take it step by step

Little by little,  
and inch by inch

You will find success  
You will find success

When you feel frustrated  
what can you do?

Stop and think,  
then tell...

Tell someone you know  
just how you feel

Then you can ask  
them for help

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# I'M SO FRUSTRATED!

**DIRECTIONS:** What can you do if one of these things happens to you? Make a plan for each of these frustrating situations.

Frustrating Situation	Take a break.		Try again, step by step.  (Write your ideas.)	Ask for help.  ✓
	Count to 10.	Walk away.		
1. You just cleaned your room, and your sister throws all her toys on the floor.  				
2. You are reading a book, and you don't understand many of the words.  				
3. You are trying to communicate with a new friend, but he doesn't understand sign language.  				
4. You are trying to draw a picture, but it just doesn't look right.  