I’M SO FRUSTRATED!

CFE 3257V

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.
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]
Oh, hello.
I'm learning
to be a clown
and I've learned alot.
Now I want to
learn to juggle.
But I can't do it!
I'm so frustrated!
Ohhhhh!
Do you know
what "frustrated" means?
Frustrated is how
you feel inside
when you want to
do something--
no matter how
difficult it is,
you just
can't do it.
Watch me!
Up...up...up...
[bell] ding...
Ohhh...
Let's try
one more time!

Can you guess
how I feel?
You're right.
Frustrated!
Everyone feels
frustrated sometimes.
But I know things
that you can do
to make your frustrated
feelings go away.

Let me tell you
about a boy named Tommy
and what happened to him
when he got frustrated.
Tommy was trying
to make a house,
but didn't like
the way it looked.

So, he took
the house apart
to make a
fire engine
just like the picture
on the box.
Tommy studied
the picture
and felt he
could do it.

So piece
by piece.
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

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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.

Darlene didn't get 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 
any more.

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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PH: 1-800-572-5580 (V)
### 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.

<table>
<thead>
<tr>
<th>Frustrating Situation</th>
<th>Take a break.</th>
<th>Try again, step by step.</th>
<th>Ask for help.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Count to 10.</td>
<td>Walk away.</td>
<td></td>
</tr>
<tr>
<td>(Check one or both.)</td>
<td></td>
<td>(Write your ideas.)</td>
<td></td>
</tr>
</tbody>
</table>

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.