

Lessons with Momi

PRACTICE WITH ANCHOR

Turning Frustration into a Better Choice

Have you ever been SO close to finishing a puzzle when your baby brother comes along and starts grabbing all the pieces?

Oh boy! That can be **frustrating!**

"I want to grumble and scream, rumble and shout, and sometimes I get so mad I just want to let it all out.!" says Anchor.

But Anchor knows there's a better way.

"I'm gonna pause and breathe. Hey, wanna try it with me?"

Breathe in slowly... and breathe out.

Anchor knows that when things get frustrating, he can:

- Ask for help.
- Take a little break.
- Come back and try again.

Because holding steady doesn't mean you never get upset. It means learning **what to do when you do!**

NOW IT'S YOUR TURN!

1. How do you feel when something makes you frustrated? (Check all that apply.)

- ☐ Angry
- ☐ Frustrated
- ☐ Sad
- ☐ Worried
- ☐ Overwhelmed



Lessons with Momi

PRACTICE WITH ANCHOR

Your Turn to Pause, Breathe, and Choose



1. PRACTICE THE PAUSE

- ☐ Stop what you're doing.
- ☐ Take a slow, deep breath in through your nose (count 1–2–3–4).
- ☐ Breathe out slowly through your mouth (count 1–2–3–4).

2. CHOOSE A HELPFUL STEP

What will you do next?
(Check one or more.)

- ☐ Ask for help.
- ☐ Take a short break (e.g., get a drink, stretch, count to 10).
- ☐ Come back and try again.

3. TRY IT OUT!

Read each situation. Check the step(s) you would choose.



You're almost done with your puzzle and someone starts grabbing the pieces.

- ☐ Ask for help
- ☐ Take a break
- ☐ Try again later



You're playing a game and you don't win. You feel really upset.

- ☐ Ask for help
- ☐ Take a break
- ☐ Try again later



Someone says something that makes you feel angry.

- ☐ Ask for help
- ☐ Take a break
- ☐ Try again later

4. REFLECT TOGETHER



Talk about it as a family:

1. What helps you stay calm when you're frustrated?
2. Which step (ask for help, take a break, or try again) works best for you?
3. How can you practice "Pause, Breathe, Choose" at home, at school, or with friends?

MY PRACTICE PROMISE

I will practice pausing, breathing, and choosing a helpful step when I feel frustrated!

Signature: _____ Date: _____