



# Feeling Frustrated?

**TRY ONE OF THESE!**

**Take 3  
deep  
breaths**



**Shake  
out  
your  
hands**



**Stretch  
like a  
starfish**



**Say:  
“I can  
try again.”**



**Try one  
small  
step**



**Ask for help –  
not answers!**

**Tutor Tyme with jessi-ann**

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