



**Conscious
Discipline®**

Handling Frustration: A Letter from School to Home

The “Handling Frustration” letters help bring classroom work with the skill of self-regulation into the home, so family members can support children’s development of this vital life skill.

When a student brings one of these letters home, family members have the opportunity to learn about self-regulation and support their child’s efforts, while simultaneously providing students with a way to reaffirm their learning as they share with others.

Teachers complete a “Boy” or “Girl” letter for younger students, indicating what the frustration was and how the child solved the problem. The “Student” letter for older children encourages literacy as students reflect on their actions and write letters themselves.

The letters to follow are:

- Letter for a Girl
- Letter for a Boy
- Letter for a Student

Dear _____,

Date: _____

_____ worked through his frustration today.

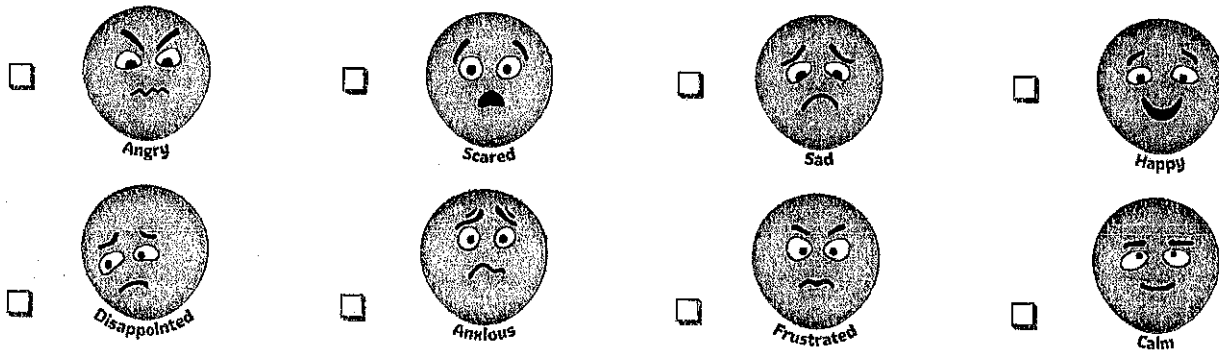
He was frustrated because _____ and didn't know the words to use so he _____. _____ then realized his mistake and

- Used the Safe Place.
- Picked another way to solve his problem.

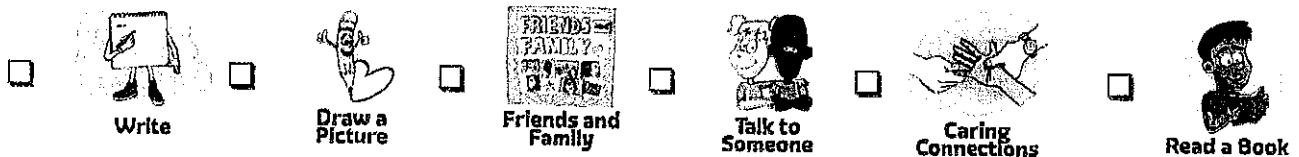
His "I Calm" choice in the Safe Place was:



His "I Feel" choice in the Safe Place was:



His "I Choose" to think choice was:



His problem-solving choice was: _____

_____ has been working hard on learning to be helpful instead of hurtful.

Here's how you can help. Ask _____ to:

1. Explain how he used the Safe Place to calm down and think of helpful solutions.
2. Show you the four calming strategies and share his favorite.

Thank you for your support as we work together,

Sincerely,



Dear _____,

Date: _____

_____ worked through her frustration today.

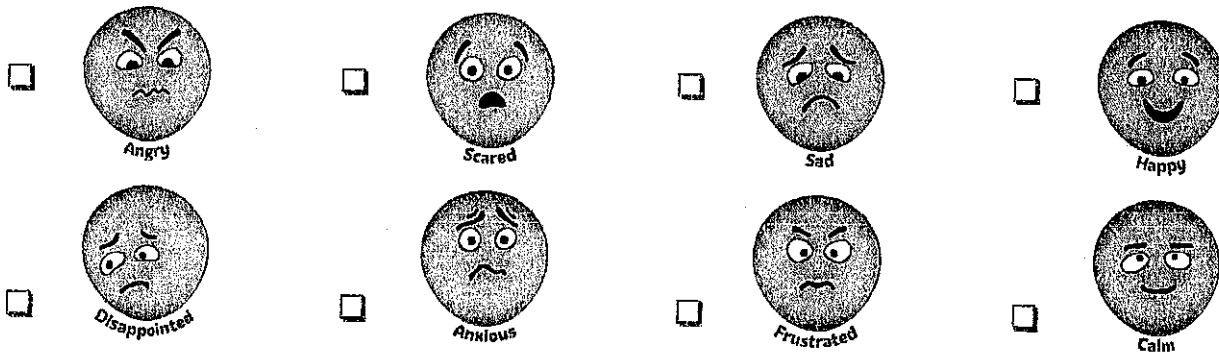
She was frustrated because _____ and didn't know the words to use so she _____ then realized her mistake and

- Used the Safe Place.
- Picked another way to solve her problem.

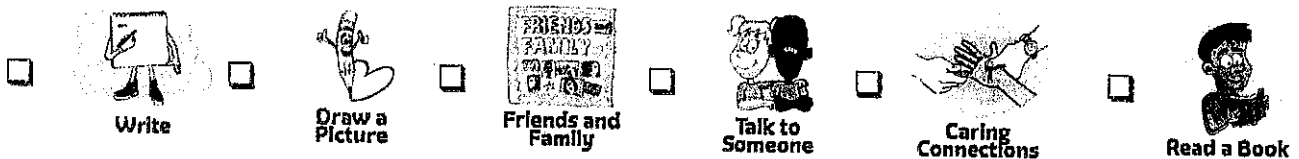
Her "I Calm" choice in the Safe Place was:



Her "I Feel" choice in the Safe Place was:



Her "I Choose" to think choice was:



Her problem-solving choice was: _____

_____ has been working hard on learning to be helpful instead of hurtful.

Here's how you can help. Ask _____ to:

1. Explain how she used the Safe Place to calm down and think of helpful solutions.
2. Show you the four calming strategies and share her favorite.

Thank you for your support as we work together,

Sincerely,



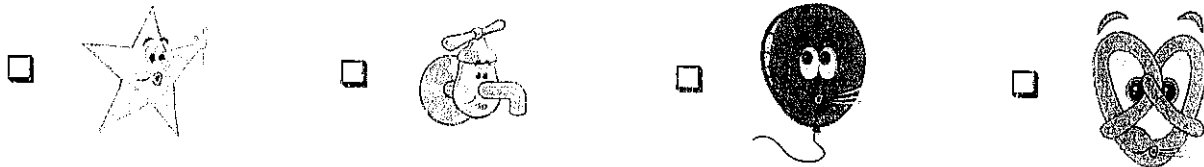
Dear _____,

Date: _____

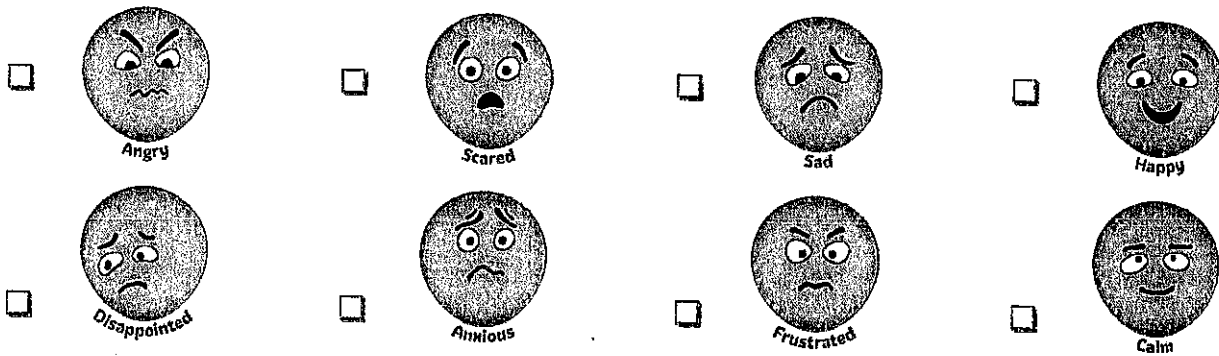
I worked through my frustration today. I was frustrated because _____
_____ and didn't know the words to use so I
_____ I then realized my mistake and

- Used the Safe Place.
- Picked another way to solve his problem.

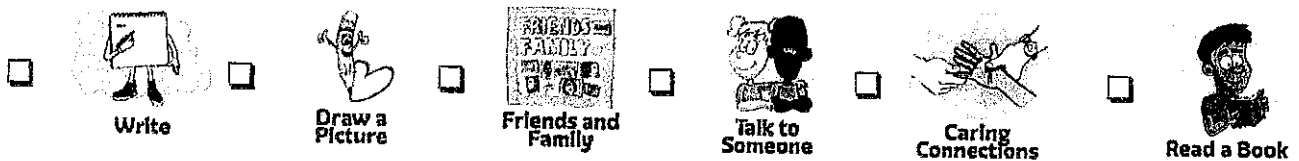
My "I Calm" choice in the Safe Place was:



My "I Feel" choice in the Safe Place was:



My "I Choose" to think choice was:



My problem-solving choice was: _____

Join me in celebrating my hard work on learning to be helpful instead of hurtful. Here's how you can help.

Ask me to:

1. Explain how I used the Safe Place to calm down and think of helpful solutions.
2. To show you the four ways I have learned to calm myself. Can you guess which one is my favorite?

Thank you for your support as we work together,

Sincerely,

