



**Conscious
Discipline®**

Handwritten notes:
2
1. Problem
2. Frustration
3. Emotion
4. How to solve
5. Response

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 Ms Smith (mom),

Date: 12-1-24

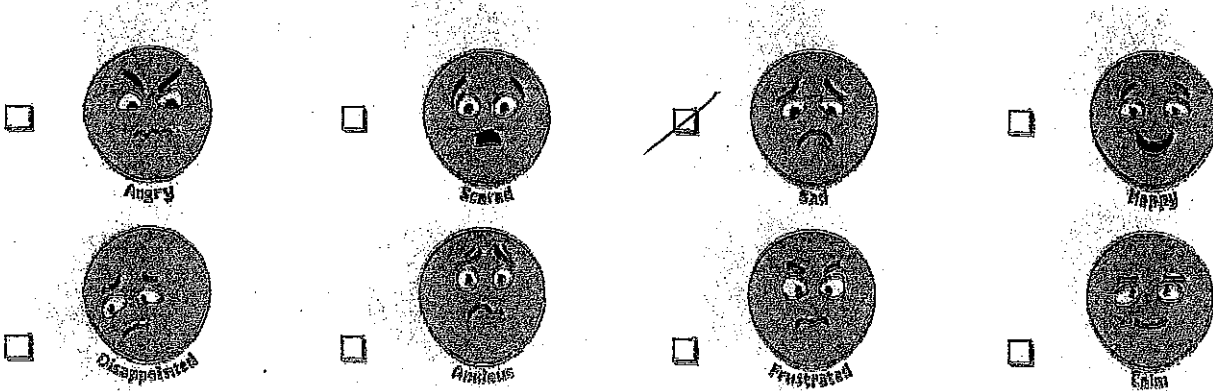
I worked through my frustration today. I was frustrated because I wanted to stay in the gym to play and didn't know the words to use so I ~~hid~~ ran from my teacher. I then realized my mistake and

- Used the Safe Place.
- Picked another way to solve his problem. (talked to teacher)

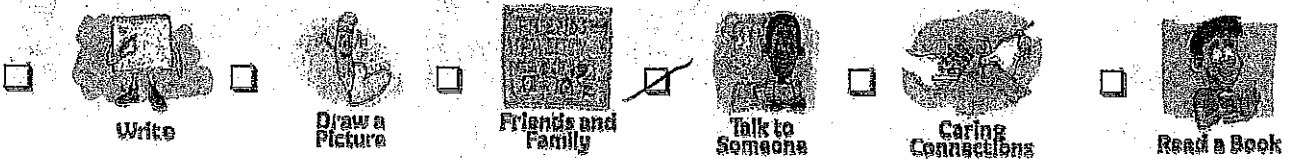
My "I Calm" choice in the Safe Place was:



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



My "I Choose" to think choice was:



My problem-solving choice was: to stop, breath + tell my teacher I need help.

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,



Querida/o _____

Fecha: _____

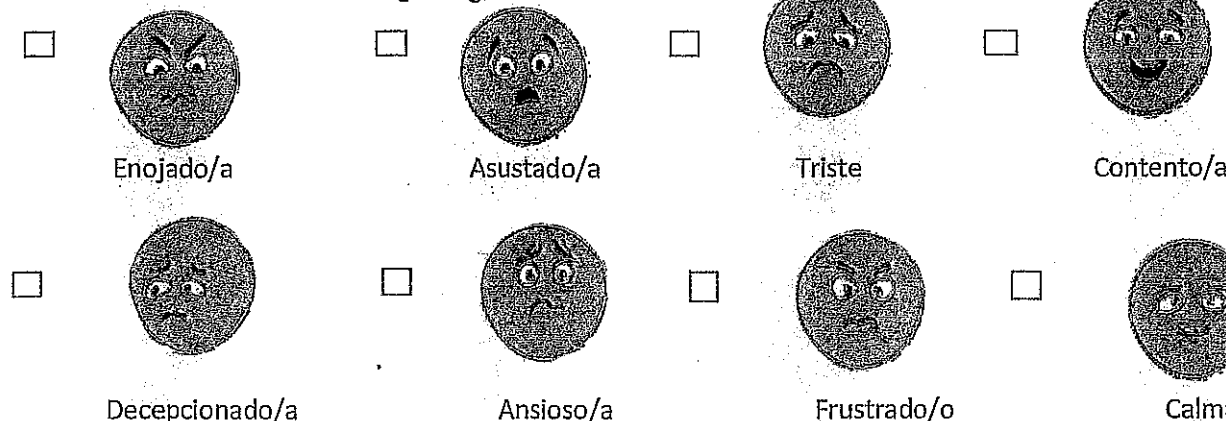
Trabajé a través de mi frustración hoy. Estaba frustrado porque _____
_____ y no sabía las palabras para usa, así que
_____ entonces me di cuenta de mi error y

- Usé el lugar seguro.
- Utilize el lugar seguro.

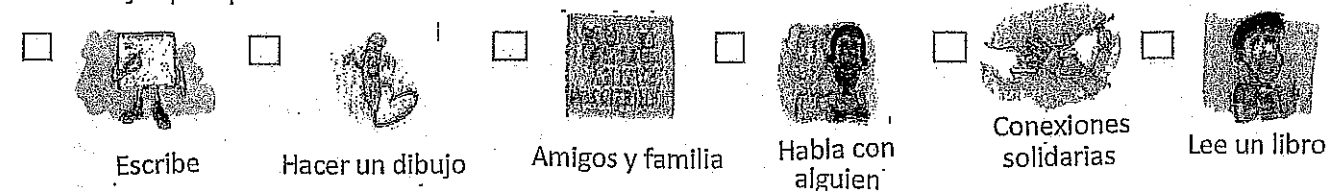
Mi elección de "Me Calmo" en el Lugar Seguro fue:



Mi elección de "Me siento" en lugar Seguro fue:



Mi "Yo elijo" para pensar la elección fue:



Mi elección para resolver problemas fue: _____

Únase a me para celebrar mi arduo trabajo para aprender a ser util en lugar de hiriente. Aquí le mostramos cómo puede ayudar.

Pídeme:

1. Explique cómo usé el Lugar Seguro para calmarme y pensar en soluciones útiles.
2. Para mostrarte las cuatro formas que he aprendido para calmarme. ¿Puedes adivinar cuál es mi favorito?

Gracias por su apoyo mientras trabajamos juntos,

Sinceramente,



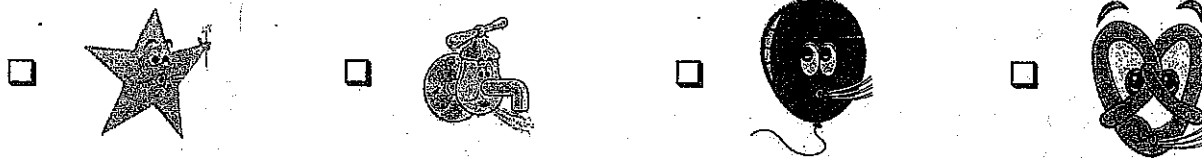
Dear _____,

Date: _____

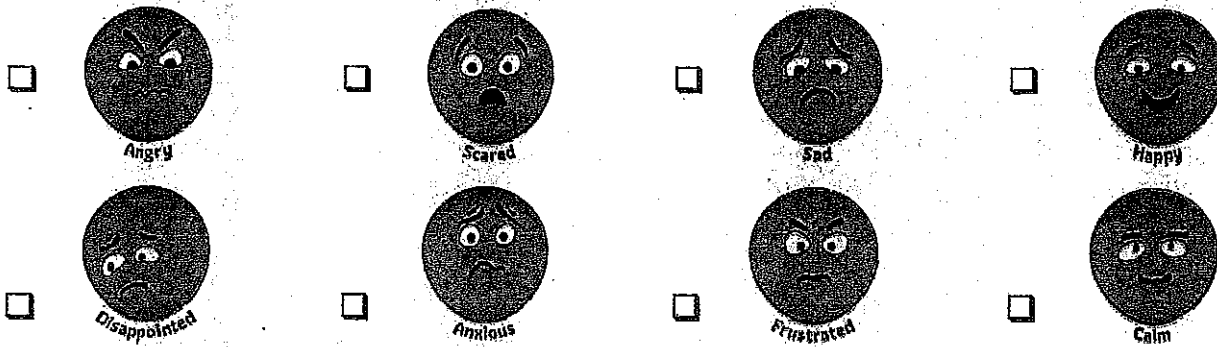
I worked through my frustration today. I was frustrated because _____
_____ and didn't know the words to use so I
_____ I then realized my mistake and

- 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,

