



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