

WHAT IS IT?

Frustration is a normal part of life and can happen at home, school, and on the job. Frustration can help the brain grow because it is usually caused by situations that challenge the individual to learn. This infographic provides tips that students can use to continue learning despite being frustrated in class.

IMPACT?

Helping students view frustration as a normal part of life and using these techniques will allow them to develop resiliency. This will ultimately improve their academic achievement and social emotional well being.

How to use Frustration in a Positive Way

**PROMISING
PRACTICES**



Office of the Maricopa County
School Superintendent
Steve Watson

FRUSTRATION

How to use frustration in a positive way.



IT'S NORMAL

Did you know that it's perfectly normal to get frustrated? If you feel frustrated, remember that it's OK. Did you know that some frustration can help your brain grow? Having a little frustration is a good thing; it means you are challenging yourself to learn. What are some things that frustrate you?

TAKE A BREAK

If you start feeling frustrated, try taking a short break, then come back to your work. When you get frustrated and need to take a brain break, what things can you do for 5 - 10 minutes?



ASK FOR HELP

It's not up to you to learn everything alone. If you feel frustrated, ask for help. Who are some people you can ask for help when you get stuck?

When you get frustrated, use these tips so you can keep going and learning.



SOURCE: <https://www.rihaacademy.org/partner-content/learnstorm-growth-mindset-activities-elementary-and-middle-school-activities/working-through-mistakes-and-frustration/activity-4-part-1-keep-going-keep-growing/modal-1>

TO LEARN MORE ABOUT THIS RESOURCE:

[Frustration: How to use frustration in a positive way.](#)