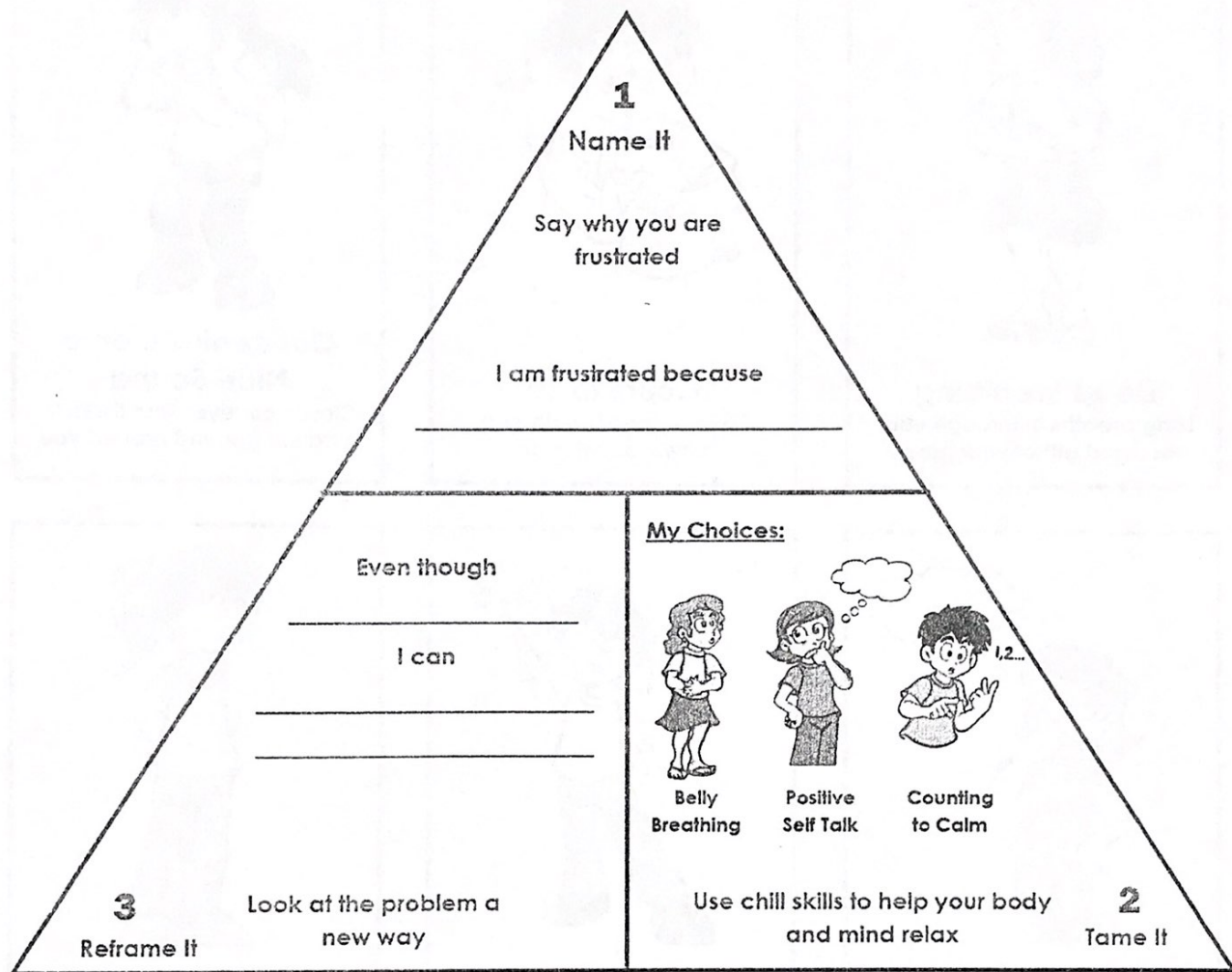


# Frustration Triangle\*

When you feel frustrated, you can use these 3 steps to better handle your frustration.



\*Adapted to Second Step® Curriculum

