

# Academia

## Choices When I am Frustrated

### Suggestions:

The task can be either in a folder or one page format. Other modifications: use only phrases or phrases with images. Additionally, a student may come up with relaxation strategies to help work through frustration

#### For folder task:

1. Print page 2.
2. Glue envelopes and corresponding labels to the inside of a folder.
3. [Optional] Laminate the folder, and cut a slit to open envelopes.
4. Laminate and cut out phrases.

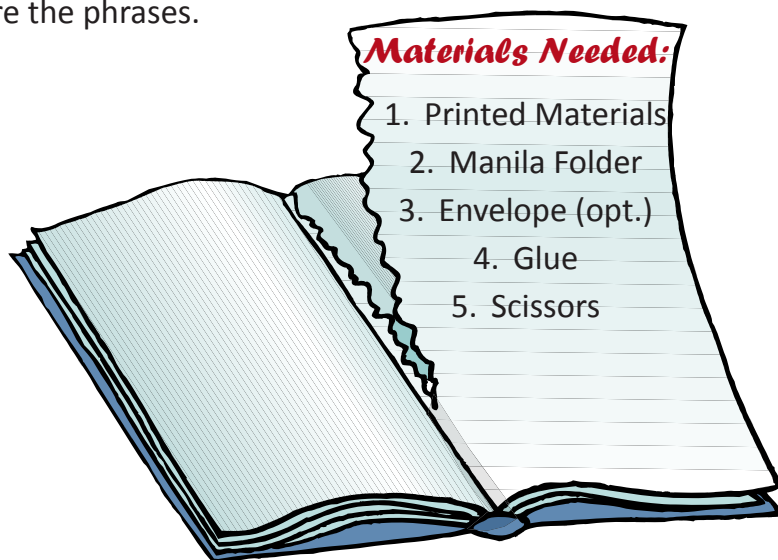
#### For one-page task:

1. Print and laminate pages 2 and 3.
2. Place vertically two strips velcro on p. 3 for phrase choices.
3. Cut out phrases and place velcro on the backside.
4. [Optional] Attach an envelope or a plastic bag to the bottom of the page to store the phrases.

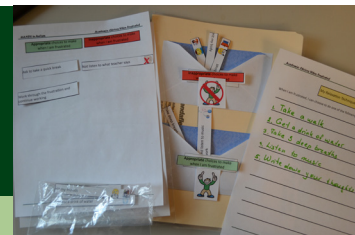
#### Relaxation Page:

1. Print p. 4
2. Allow student to come up with relaxation techniques that help him/her
3. When finished, place in an area where this student can easily refer to when the frustration level is increasing.

*Modify to meet individual needs of your students!*



Materials provided are **samples only!**  
They may need to be individualized to meet the particular needs of a person with an ASD!



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Also, check out...

How-To Video: First-Then Board

How-To Video: Choice Board

How-To Template: Choice Board

How-To Template: Visual Schedules

How-To Template: Activity Schedule

How-To Schedule: First-Then Board

Kid's Corner Series

Life with ASD Series

Academia Series

Strategy in Practice

View/download these and other templates at [www.HANDSinAutism.org/tools/Academia.html](http://www.HANDSinAutism.org/tools/Academia.html)



# Sorting Task

# Writing Task



Appropriate choices to make when I am frustrated



Ask to take a walk	
Work through the frustration and continue working	
Put on headphones and listen to music while continuing to work	
Ask to get a drink of water	
Take deep breaths	
Ask to take a quick break	

Inappropriate choices to make when I am frustrated

Hit my body	
Not listen to what teacher says	
Punch wall, door, or cabinet	
Scream at my teacher	
Hit my friends	



**Appropriate** choices to make  
when I am frustrated

**Inappropriate** choices to make  
when I am frustrated

