

5 Steps to Build Frustration Tolerance in Kids



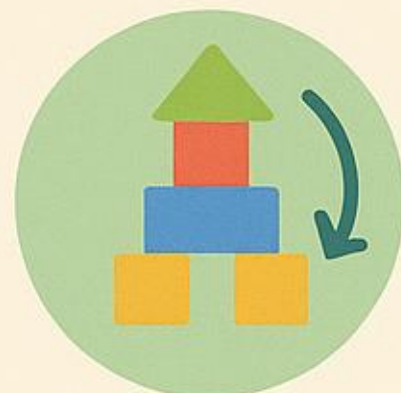
**Take a
Breath**

**Use a
Calm-Down Space**



**Ask for
Help**

Try Again



**Celebrate
Effort**