



TURN FRUSTRATION



©2025 Team Up Parents--Christine "Coach" Leeb

HOPELESSNESS

yelling

"I'll never get this."

TEMPER

"I quit."

"It's too hard."

Rage

Anxiety

ANGER

Impatience

FIGHTS

"I'm not smart."

"I can't"

FEAR

FITS

Complaining

stress

bad attitude

helplessness

negativity

Breath
HOPE

JOY
Deep

Teamwork

TRUST

Dedication

"I can do hard things."

Positivity

SELF-CONTROL

Problem-solving

Patience
"I know I can get this."
Calm voice

"I'm smart and capable.
It might just take me a
little longer to get this."

Courage

PERSEVERANCE
GOOD ATTITUDE

Peace
Gentleness

FAITH

"I'm going to
keep trying"

BRAVERY

INTO DETERMINATION

