



Managing Frustration and Anger

Autism & ABA Therapy Social Skills

For more interactive activity, games and resources visit <https://www.autistichub.com/>

Activity Title:

"Calm Down Corner: Managing Frustration and Anger"

Objective:

To assist the child with autism in recognizing signs of frustration and anger and to practice calming techniques to manage these emotions.

Materials Needed:

- A designated 'Calm Down Corner' in a quiet area of the room with comfortable seating (like a bean bag or a cushion).
- Calming Tools: Items that can help the child relax, such as stress balls, sensory toys, or soft music.
- Emotion Cards: Cards depicting different levels of frustration and anger.
- Visual Aids: A chart or guide showing different calming strategies (e.g., deep breathing, counting to ten, thinking of a happy place).

Activity Setup:

Create a Calm Down Corner:

- Set up a comfortable and quiet space where the child can go to calm down.
- Include calming tools that the child finds soothing.

Prepare Emotion Cards and Visual Aids:

- Have cards ready that show different emotions, particularly focusing on frustration and anger.
- Create a simple visual guide with calming strategies.

Activity Steps with Example:

Introducing Emotion Recognition:

- Start by discussing emotions: "Sometimes we all feel upset or angry, and that's okay. It's important to know what to do when we feel this way."

Using Emotion Cards:

- Show an Emotion Card depicting frustration.
- Example: A card showing a person with a frown and crossed arms.
- Discuss the emotion: "How do you think this person feels? Have you felt like this?"

Visiting the Calm Down Corner:

- Guide the child to the Calm Down Corner when they exhibit signs of frustration or anger.
- Encourage them to use a calming tool or strategy from the visual guide.
- Example: "Let's squeeze the stress ball and count to ten slowly."

Practicing Calming Strategies:

- Role-play a scenario where the child might feel frustrated.
- Example Scenario: "What if your favorite toy was missing? Let's pretend and then use our calming strategies."

Discussion and Reflection:

- After calming down, discuss how the strategies helped.
- Ask, "How did you feel after using the stress ball and counting? Did it make you feel calmer?"

Skills Targeted:

- Emotion Recognition: Identifying feelings of frustration and anger.
- Self-Regulation: Using tools and techniques to calm down.
- Problem-Solving: Learning to think of solutions when feeling upset.
- Resilience: Building the ability to recover from strong emotions.

