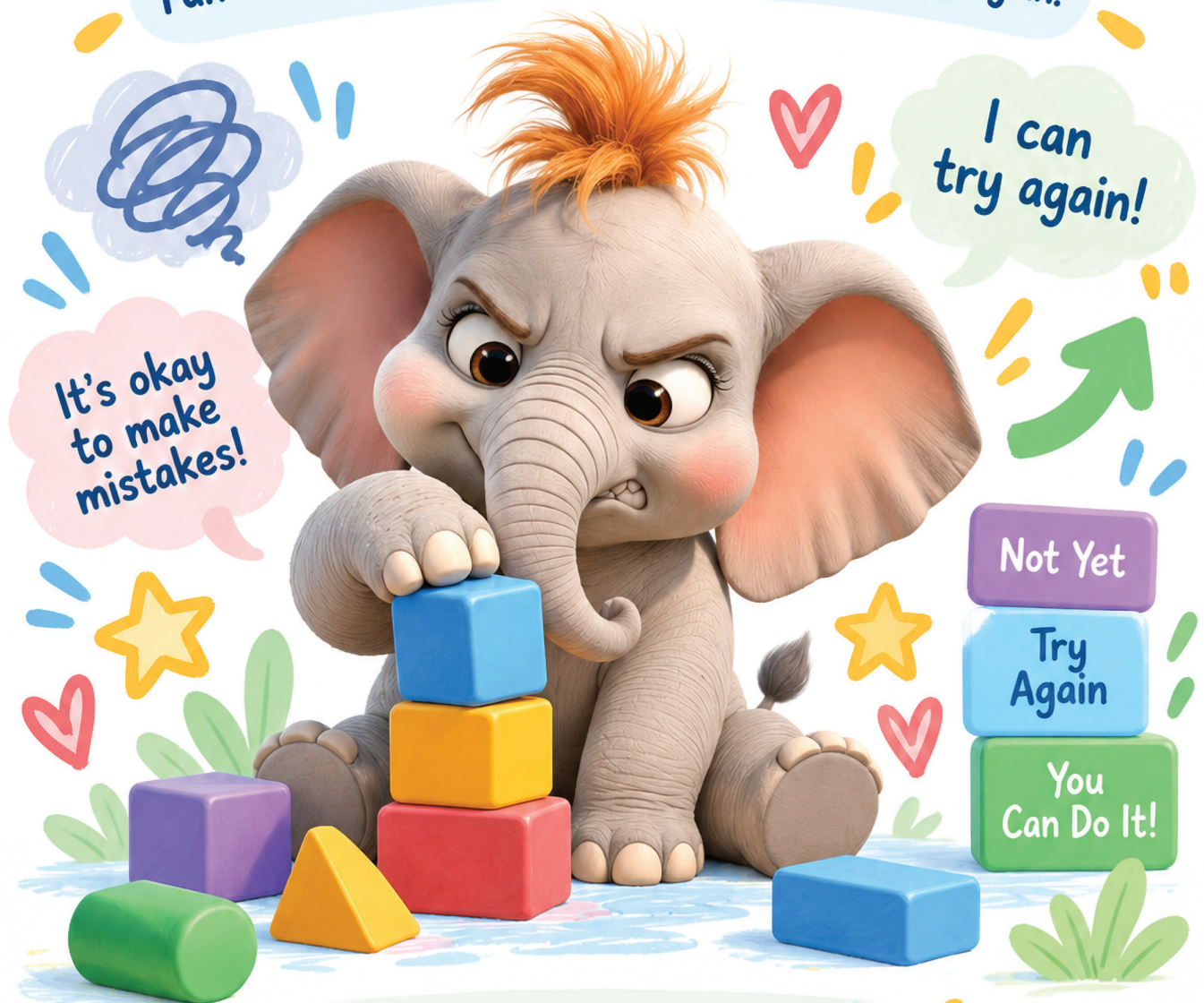


Tembo's Try Again Kit

Fun tools for mistakes, frustration, and trying again.



A printable activity kit by Sprig

Sometimes Things Don't Go the Way We Want

Sometimes we make mistakes. Sometimes we don't win.
Sometimes things are harder than we thought.
That can feel really frustrating!

My tower fell down.



I lost the game.



My drawing didn't look right.



Someone else finished first.

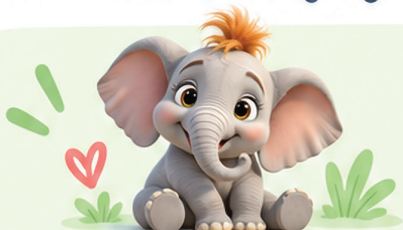


Which one feels hard for YOU?

You can also draw or write your own.

Tembo's Try Again Meter

Sometimes we feel a little frustrated, and sometimes it feels really big. Circle the number that feels like you right now.



1

Okay

I can keep going.



2

A bit annoyed

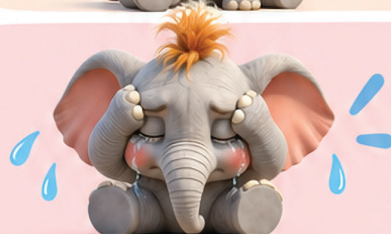
This is getting tricky.



3

Frustrated

I want it to work.



4

Really upset

I want to quit.



5

Big frustration

I need help and a pause.

When my number gets big, I can...

What Does Frustration Feel Like in My Body?

When we feel frustrated, our body gives us clues.
Circle the ones that happen to you.



My face
gets scrunchy



My fists
get tight



My tummy
feels twisty



My heart
beats faster



I want
to stomp



My voice
gets loud



What does YOUR body do when you feel frustrated?





What Makes You Want to Quit?

What kinds of things make you feel like giving up?
Circle the ones that feel true for you.

It didn't work the first time.



I lost.



Someone else did it better.



It feels too hard.



I made a mistake.



I had to start over.



My other hard moment is...

Choose Your Try Again Tools

When things feel hard, there are lots of helpful choices.
Circle 2 tools you want to practice this week.

Take a breath



Ask for help



Try one small step



Take a short break



Try a different way



Say 'not yet'



Use kind self-talk



Try again later



Something else that helps me is...



Big Problems Get Smaller One Step at a Time

Even big challenges are easier when we break them into smaller steps.

Example: Building a Tower

1 Find the blocks



2 Stack 3 blocks



3 Add 1 more



4 Ask for help if it falls



My hard thing:

One small step I can try first:

What Can Tembo Do Next?

Tembo was building a tall tower. It fell down. He felt a big frustrated feeling.



1. What is Tembo feeling?

Circle the one that shows how Tembo feels right now.



Frustrated



Angry



Sad



Upset

2. Which try-again tool could help?

Circle one tool that might help Tembo feel better.



Take a breath



Ask for help



Try one small step



Take a break

3. When Tembo feels calmer, what could he do next?

Circle one idea, or write your own!



Rebuild



Ask for help



Try a different way



Try again later



My Try Again Plan

I can have a plan for the next time I feel frustrated.



When _____ happens,

You can do this!



I feel _____.



My body does _____.



A try-again tool I can use is _____.



If I still feel stuck, I can _____.

Next time I feel frustrated, I will try...



My Brave Try Tracker

Every time you try, you are building a braver you!
Add a star or sticker when you...



Tried again



Asked for help



Used calm words



Took a break instead of quitting



Tried one small step



I kept trying and I am proud of that!

Brave trying matters more than perfect doing!

Tembo's Try Again Cards

Cut out the cards and use them when something feels hard.



Pause



**Take a
Breath**



**One
Small Step**



**Ask for
Help**



**Take a
Break**



**Try a
Different Way**



Not Yet



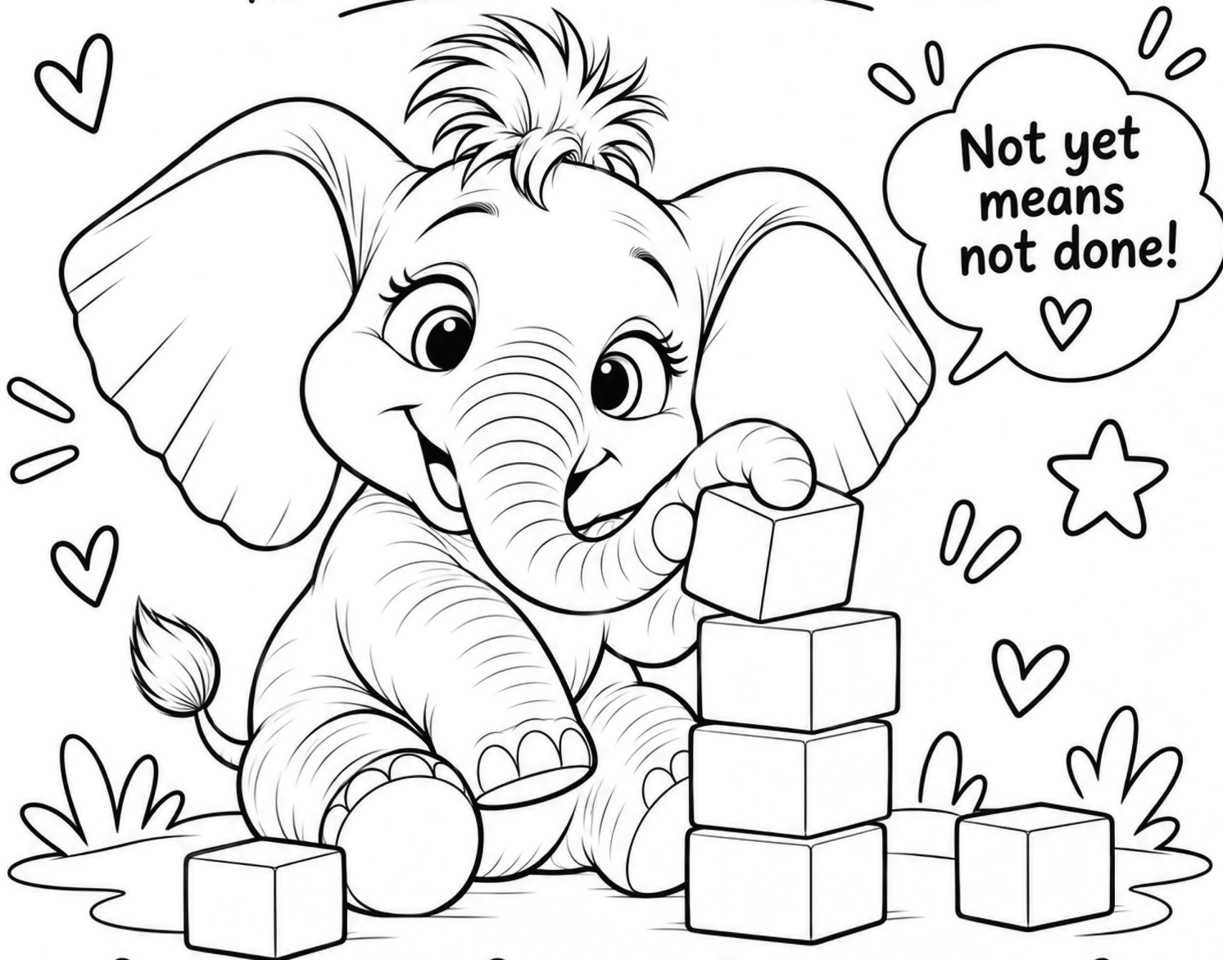
Try Again



SPRiG

Tembo's Try Again Coloring Page

Mistakes happen. I can pause and try again.



I can keep trying!