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Zach Gets Frustrated

By William Mulcahy

Free Spirit Publishing Inc., U.S. Hardback. Book Condition: new. BRAND NEW, Zach Gets Frustrated, William Mulcahy, Zach and his family go to the beach, but Zach is having a lousy day. First, he dropped his toothbrush in the toilet. Then his best friend went to someone else's birthday party instead of joining him. But most frustrating of all, he can't get his kite to fly! Zach kicks sand, yells angry words, and asks his dad if they can just go home now. Instead, his dad teaches him a simple, three-step approach to get a handle on frustration and find a way to enjoy himself even when things aren't going his way: 1) name it (why are you frustrated?); 2) tame it (self-regulation exercises such as deep breathing or visualization); 3) reframe it (change your thoughts to change your feelings). The three-point strategy is presented as the three corners of a triangle and is illustrated as the corners of Zach's kite. Easy to understand and easy to remember. Zach Rules Series Zach, his brothers Alex and Scott, and his parents are a typical family. The boys struggle with getting along, frustrations, social issues, and other everyday problems typical with kids ages 5 to 8....



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