



Subject: Emotional Support

Grade Level: Elementary School

DI Strategy: RAFT

Emotional Awareness RAFT

Students in my elementary emotional support class listened to the book *Zach Gets Frustrated* by William Mulcahy. The book is about a student who becomes easily frustrated and who learns to tame his frustration using the frustration triangle. The book allows students to relate to someone who feels similar frustrations as they do and learn ways to manage these appropriately. The RAFT that I developed allows the students to understand the multiple perspectives that play a role in their daily lives, especially when dealing with emotions. Students learn to uncover their own frustrations and better manage these struggles by taking on a variety of voices in this activity. Since I teach students in three grade levels, guidance would be provided to steer students to the RAFT that would best suit them. The last block is for my higher performing students who are creative and can take on the challenge of developing their own RAFT based on the suggestions in place.

Role	Audience	Format	Topic
Frustrated student	Teacher	Short role play between student and teacher	What could I have done differently?
Helping friend	Frustrated student	Pictures with thought bubbles (comic)	Suggest chill skills to help your frustrated friend.
Teacher	The class	Recipe outlining steps	Strategies to use when a classmate is frustrated.
Parent	Teacher	Poem	Suggestions on how to help my frustrated child.
*Choose a role	*Choose your audience	*Choose your format	*Choose what you are focusing on