

# ***Ollie the Owl Learns to Handle Frustration and Disappointment***

Lesson Objective:

Students will learn about handling frustration through the story "Ollie the Owl Learns to Handle Frustration" and the strategies HALT (Stop), HOOT (Take a Deep Breath), and HEART (Make a Good Choice).

Materials Needed:



- The story "*Ollie the Owl Learns to Handle Frustration*"
- The song "*Ollie the Frustrated Owl*"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Puppet Role-play
- Activity 2- Ollie's Forest Obstacle Path scenario cards, chair, tape, garbage can
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion (topic of lesson).

**Greeting and Circle Time Teacher Script**

- **Warm Welcome and Opening Discussion:**
  - "Good morning, everyone! I'm so glad to see all of you today. Please join me in a circle. Today, we are going to talk about *frustration*. Does anyone know what it means to feel frustrated?"
  - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
  - "That's right! Feeling frustrated is when things don't go the way we want, and we might feel upset, mad, or stuck. Can anyone share a time when they felt frustrated?"  
**(Let a few children share their experiences.)**

- "Thank you for sharing those stories. We all feel frustrated sometimes, just like Ollie the Owl! But today, we are going to learn how Ollie handled his frustration using three steps: **HALT**, **HOOT**, and **HEART**."

Read the Story (15 minutes)

Story Time Outline:



- Read the story *Ollie the Owl Learns to Handle Frustration* aloud to the class
- Engage the children by asking questions during key parts of the story

**Story Time Teacher Script:**

**1. Prepare the Students for the Story:**

- a. "Let's sit comfortably and get ready for story time. I'm going to read 'Ollie the Owl Learns to Handle Frustration.' While I read, think about how Ollie feels and what he does to handle his frustration."
- b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)

**2. Read the Chapter with Emphasis on Key Moments:**

- **While reading**, pause during key moments.
- **Ask Questions:**
  - What happened to Ollie's nest at the beginning of the story?
  - How did Ollie feel when the wind blew his nest away?
  - Who saw Ollie and gave him advice?
  - What does "HALT" mean in the story?
  - What did Ollie do when he HALTed?
  - What does it mean when Ollie "HOOTed"?
  - What does it mean to use your HEART in the story?
  - What did Ollie decide to do after calming down about his nest?
  - How did Ollie handle losing a game with his friends?

- What did Ollie do when he couldn't catch the fireflies?

### **Ollie the Owl Learns to Handle Frustration**

In a forest green and wide,  
Lived Ollie the Owl, with eyes so bright.  
He loved to play and have some fun,  
But frustration would come when things  
weren't done.

One day, Ollie built a nest so high,  
But the wind blew strong, and it flew to the  
sky.  
Ollie felt angry, his feathers in a fray,  
He wanted to scream and fly away.

Grandma Owl saw him from a tree so tall,  
She knew just how to help, after all.  
"Ollie dear, when you feel so mad,  
Remember HALT, HOOT, and HEART, and  
you'll be glad."

Ollie listened, wanting to learn,  
How to handle the anger that made him  
churn.  
"First you HALT, stop and wait,  
Pause for a moment, don't take the bait."

So Ollie halted, stopped in his tracks,  
He closed his eyes and relaxed.  
Next, he HOOTed, took a deep breath,  
Feeling calmer, releasing the stress.

"Now use your HEART," Grandma Owl said,  
"Make a good choice, use your head."  
Ollie thought hard, and then he knew,  
He'd rebuild his nest with something new.

He gathered twigs and leaves so neat,  
Worked with care, feeling upbeat.  
His new nest was strong, it wouldn't break.  
Ollie felt proud, for goodness' sake.

Another day, Ollie played a game,  
With friends in the forest, always the same.  
But today he lost, it made him sad,  
Frustration bubbled, he felt so bad.

He HALTed, stopping in his track,  
He HOOTed, taking breaths back to back.  
With a calm heart, he made a choice,  
To cheer for his friends with a happy voice.  
"Good job, Benny! Well done, Betty!  
You all did great, I'm feeling better already!"  
Ollie felt joy, his heart so light,  
Handling frustration with all his might.

One evening, Ollie tried to catch,  
Fireflies glowing with a flash.  
But they flew away, out of his reach,  
Ollie felt disappointed, a valuable teach.

He HALTed, then HOOTed, calm and slow,  
Used his HEART, let the disappointment go.  
He watched the fireflies dance in the air,  
Enjoying their beauty, with a loving stare.

Ollie learned that day, so true,  
Frustration and disappointment are part of  
life, too.  
With HALT, HOOT, and HEART in his mind,  
He found peace, so gentle and kind.

So if you ever feel mad or sad,  
Remember Ollie's trick, and you'll be glad.  
Stop and breathe, then make a choice,  
And soon you'll find your happy voice.

Ollie the Owl, wise and bright,  
Handled his feelings, day and night.  
With friends and Grandma by his side,  
He faced his emotions with love and pride.

- **Post-Chapter Teacher Script**

- “Ollie’s story reminded us that everyone feels frustrated sometimes, and that’s okay. What matters most is how we handle those big feelings. When Ollie used HALT to stop, HOOT to breathe, and HEART to make a kind and helpful choice, he felt better and made things better too. Just like Ollie, we can all learn to pause, calm down, and choose a smart way forward when things don’t go our way.”

#### **4. Post-Chapter Questions**

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- What is frustration, and how did Ollie show he was frustrated?
- Have you ever felt frustrated like Ollie? What happened?
- What are some things that can help you calm down when you feel upset?
- Why is it important to stop and breathe when you're angry or sad?
- How does using your HEART help you make a good choice?
- Why do you think Grandma Owl told Ollie to use HALT, HOOT, and HEART?
- How did Ollie feel after he used the steps to calm down?
- What could happen if Ollie didn’t use his calming strategy?
- What can you say to a friend who feels frustrated?
- Which part of HALT, HOOT, or HEART do you think would help you the most? Why?

Sing the Song (10 minutes)

- Teach the children the *Ollie the Frustrated Owl* song



- Sing the song together a few times, encouraging the children to join the actions.

"Now we're going to sing a song about handling frustration. This song teaches us how to stop, breathe, and make a good choice, just like Ollie did. I'll show you some hand actions, and we'll sing it together!"

*"Ollie the Frustrated Owl"*

Hand Movements

[Verse]

Ollie the Owl, oh so wise and proud,  
Up in the tree with his head in a cloud  
Wanted a treat, but it fell to the ground  
Feeling so blue as he hooted out loud

Stand tall with hands on hips

Cup hands around mouth

[Chorus]

Don't you worry, don't you fear  
Sometimes things aren't so clear  
Take a breath and count to ten  
Ollie, you'll try again

Wag finger

Hold up 10 fingers

Thumbs up

[Verse 2]

Ollie the Owl wanted to play  
With a shiny new toy, but it rolled away  
Chased it around but it wouldn't stay  
Feeling so mad on this cloudy day

Flap arms

Turn around

Shake fist

[Chorus]

Don't you worry, don't you fear  
Sometimes things aren't so clear  
Take a breath and count to ten  
Ollie, you'll try again

Wag finger

Hold up 10 fingers

Thumbs up

[Bridge]

It's okay to be sad, it's okay to pout  
Find a new way, give a happy shout  
Frustration is a part of growing, too  
Ollie the Owl, it's alright for you

Flap arms

[Chorus]

Don't you worry, don't you fear  
Sometimes things aren't so clear  
Take a breath and count to ten  
Ollie, you'll try again

Wag finger

Hold up 10 fingers

Thumbs up

## Song Wrap-up

"Well, that was a fun song to help us remember that feeling frustrated and disappointed is ok, and we have to remember to calm down and take a deep breath, and figure out how to feel better by using Ollie's Wise Choices.

## Do an Activity (20 minutes)

- Students will practice dealing with frustration and disappointment by using Ollie's Wise Choices (Halt, Hoot, Heart).

**Please choose from the following 2 activities:**



### Activity 1: Puppet role-play (15 minutes)

#### Introduce Activity

"Now we're going to use puppets to act out what to do when we feel frustrated. I have Ollie the Owl, Benny the Bear, and Betty the Beaver here with me."

"We'll take turns using the puppets. Each puppet will face a frustrating situation, and we'll practice using HALT, HOOT, and HEART to solve the problem."

#### ***Ollie's Wise Choices***



## Activity Instructions

### Explain the Role-Playing (2–3 minutes)

“We’ll take turns using the puppets. Each puppet will face a frustrating situation, and we’ll practice using the HALT–HOOT–HEART steps to help them feel better and make a good choice.

Let’s remember:

- **HALT** means stop and notice how you feel.
- **HOOT** means take a deep breath and stay calm.
- **HEART** means to choose something kind or helpful.”

### Model the First Scenario (3–4 minutes)

Use a puppet and walk through the HALT–HOOT–HEART steps.

#### Teacher Script:

“Here’s *Ollie*. He lost his favorite toy and feels really upset. He wants to yell or fly away.

What should he do first?”

*(Prompt: HALT – “Stop, Ollie!”)*

“Now let’s help him take a big deep breath—HOOT.”

*(Lead students in taking a breath.)*

“Finally, he uses his HEART. He decides to ask *Benny* if he’s seen the toy. That’s a kind and helpful choice.”

### Student Role-Play (10–15 minutes)

Invite students to take turns acting out new frustration scenarios with the puppets. Prompt and guide them through HALT, HOOT, and HEART at each stage.

#### Teacher Script:

“Now it’s your turn! Who wants to help *Betty* with a frustrating moment? Let’s act it out and use the steps we learned.”

Let several children take turns, switching puppets and scenarios.

## **Puppet Role-Play Scenarios**

### **Scenario 1: Ollie the Owl's Art Tears**

Ollie worked hard on a drawing, but it accidentally ripped. He feels mad and wants to crumple it up.

- **HALT:** Stop and notice the mad feeling
- **HOOT:** Take a deep breath
- **HEART:** Decide to tape it or try again calmly

### **Scenario 2: Benny the Bear Loses a Game**

Benny didn't win the game and feels left out. He wants to stomp away.

- **HALT:** Freeze and feel the disappointment
- **HOOT:** Breathe in and out slowly
- **HEART:** Cheer for his friends and ask to try again later

- **Scenario 3: Betty the Beaver's Building Falls**

Betty built a block tower, but it got knocked over. She feels frustrated and wants to shout.

- **HALT:** Stop and notice the frustration
- **HOOT:** Breathe and count to 3
- **HEART:** Ask a friend to help rebuild it together



## Scenario 4: Ollie Can't Tie His Shoes

Ollie keeps trying to tie his shoes, but it's just not working. He feels like giving up.

- **HALT:** Pause and take a break
- **HOOT:** Take calming breaths
- **HEART:** Ask for help or try again after a rest

## Scenario 5: Benny Drops His Snack

Benny drops his snack on the ground and feels sad and grumpy.

- **HALT:** Feel the disappointment and stop
- **HOOT:** Breathe and flap his bear paws slowly
- **HEART:** Ask a teacher or friend what he can do next

## Wrap-Up

"You all did such a great job helping Ollie and his friends handle frustration. Remember, it's okay to feel mad, sad, or disappointed—but what matters is how we calm ourselves and choose what to do next. Next time you feel frustrated, just **HALT**, **HOOT**, and use your **HEART**!"



## Activity 2: Ollie's Forest Obstacle Path(15 minutes)

### 1. Introduce Activity

"Today, we're going to practice how to handle frustration using our bodies and our brains, just like Ollie the Owl. Remember when Ollie's nest blew away, or when he couldn't catch the fireflies? He felt frustrated, but he didn't give up. He used three special steps to calm down:

**HALT** – Stop and notice how you feel.

**HOOT** – Take a deep breath.

**HEART** – Make a good, kind choice.

### ***Ollie's Wise Choices***



We're going to move through Ollie's forest obstacle path. At each station, you'll do a movement challenge and read or listen to a problem that might make you feel frustrated. Then you'll practice HALT, HOOT, and HEART before you move to the next station."

"I'll show you how it works:

First, I go through the obstacle, like hopping across this line.

Then, I stop and read the scenario card or listen to a teacher.

I HALT—freeze and think about the feeling.

I HOOT—take a deep breath or flap my wings.

I use my HEART—choose a calming or kind action.

Then I move to the next station."

*Model one station for the class. Invite them to do the HALT–HOOT–HEART actions with you.*

*"Now it's your turn! We'll go through one at a time, or in small groups.*

*Remember—this is not a race. It's a practice path to help us learn how to stay calm and strong when something feels hard."*

*Circulate and guide students at each station:*

- *Ask: "How do you think Ollie would feel here?"*
- *Prompt the breathing or calming movement.*
- *Praise calm, thoughtful choices: "That's a great HEART choice!"*

### **Activity Instructions**

Set up **3–5 obstacle stations** using a garbage can, chairs, or taped paths (e.g., crawl under a rope, jump over a line, balance on a tape line).

At each obstacle station, post or read a **problem scenario** that might cause frustration (e.g., “You made a mistake on your math work” or “You lost a game”).

After completing the physical obstacle, the student HALTs and reads the card, and chooses one of the options for dealing with frustration and disappointment.

Students must:

- **HALT** – Freeze and identify the feeling (e.g., mad, sad, frustrated)
- **HOOT** – Take a deep breath or flap their wings like Ollie 5 times while breathing
- **HEART** – Choose one of 2–3 movement choices that represent a helpful action (e.g., “Do a kindness jump,” “Give yourself a hug,” or “March to ask for help”)

After the final station, students arrive at the **HALT–HOOT–HEART forest sign** and cheer together:

**“I can handle frustration—Ollie style!”**

Example Station:

Obstacle: Walk heel-to-toe across a balance line.

Scenario Card: *“Your drawing tore, and now you feel upset.”*

Teacher Prompts:

- HALT: “Freeze! What feeling do you notice in your body?”
- HOOT: “Take 3 deep owl breaths or flap your wings slowly.”
- HEART: “Now pick: (1) Hop in place and say ‘I can try again!’ or (2) Do 3 jumping jacks while thinking of your next idea.”

## Wrapping it Up

### Wrap Up the Lesson (5 minutes)

#### 1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from the activity.
- Encourage students to continue using Ollie's Wise Choices ( Halt, Hoot, Heart) strategy in their daily lives when they feel frustrated or disappointed.

## Review and Reflection Teacher Script



#### 1. **Gather in a Circle for Reflection:**

- "Let's all come back together in a circle."

#### 2. **Closing**

- "Today we used movement to practice what Ollie taught us—how to stay calm when we feel frustrated. You used your brain, your breath, and your body to make good choices. Next time something feels hard or upsetting, remember to HALT, HOOT, and use your HEART. You are building strong habits to handle big feelings!"
- "Can anyone share one thing they learned today?"

## Home Connection Letter

#### 1. **Sending Information Home:**

- "Before you go, I have a letter for you to take home that explains what we learned today in class."
- Hand out the letters as the children prepare to leave.

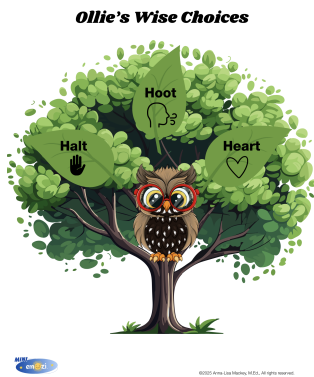
### Parent Letter

#### Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about handling frustration through the story "Ollie the Owl Learns to Handle Frustration." This story teaches children the importance of using the HALT, HOOT, and HEART strategy to manage their feelings.



Here's what we learned:

- Handling Frustration – Understanding that feeling frustrated is normal and learning strategies to manage it.
- HALT, HOOT, and HEART – Using these steps to stop, take a deep breath, and make a good choice when feeling frustrated.

We practiced these concepts through role-playing and an obstacle course. You can help reinforce this at home by encouraging your child to use the HALT, HOOT, and HEART strategy when they feel frustrated.

Thank you for your support!

With gratitude,

# ***Ollie's Forest Obstacle Path***

## Station 1

Scenario: You made a mistake on your math work.

Choose: Hop in place and say, "I can try again!"

or

Do 3 deep Owl hoots (breaths)

## Station 2

Scenario: You lost a game at recess.

Choose: March in place and say "Good job, friend."

or

Flap your wings 5 times to cool down

## Station 3

Scenario: You forgot your homework at home.

Choose: Stretch your arms high, saying, "I'll remember next time!"

or

Walk slowly in a circle while breathing deeply

## Station 4

Scenario: Your block tower fell down after you worked so hard.

Choose: Do 5 jumping jacks and say, "I'll rebuild!"

or

Tap your heart gently and say, "Stay calm, I can do this!"

## Station 5

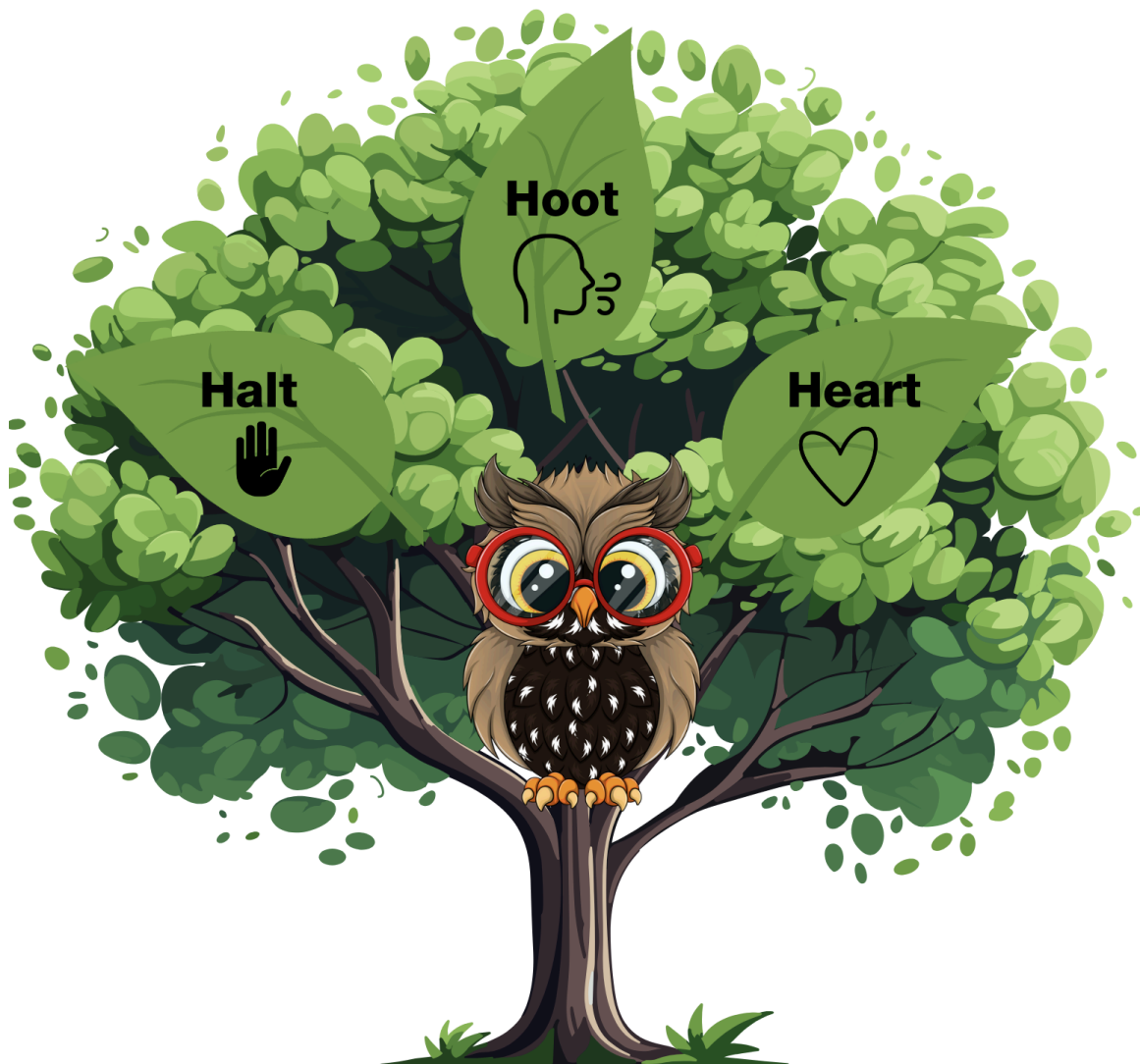
Scenario: A friend says they didn't want to play your game.

Choose: Take a deep breath and say, "That makes me feel sad."

or

Twist side to side and say, "I can choose something else."

## ***Ollie's Wise Choices***



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