When I have to stop an activity, I get frustrated!

I will try these things to help me know that I can come back to it:
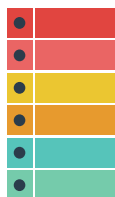
1 Take 3 deep breaths

2 Put it in my "come back to" box

3 Make a schedule for when I can return to it

4 Set a timer and return when it is done