



Samishi's Frustration

賽米希的煩惱

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For Samishi, it feels as if a hundred stones are weighing on her heart. Frustrated, she decides to go out and ask everyone, "How can I get rid of my frustration?"

The horse says you can shake it off by running. The lion suggests roaring loudly to make it disappear. The rabbit says that if you speak your worries out loud, they'll vanish.

But none of these methods work for Samishi. How can she solve her frustration?

Yu-Lin Chen uses stunning illustrations to explore the concept of frustration, guiding children to understand worries from different perspectives and offering ways to address them. This is part of a social and emotional learning series designed to foster self-awareness, empathy, and confidence in children and young adults.



Yu-Lin Chen

Yu-Lin Chen, a two-time finalist for the Bologna Illustrators' Award and recipient of the Golden Tripod Award, holds a Master's degree from Utrecht School of the Arts in the Netherlands. She enjoys walking, nature, and talking to cats. *Samishi's Frustration* is part of a social and emotional learning picture book series that will continue next year, with two to three books planned for publication.

To Support Children Through Frustration, Allow Them to Make Their Own Choices

by Ashley Chen

(originally appeared in Books.com.tw)

Have you ever been so troubled by a decision that it consumed your thoughts for days, leaving you torn between options? One day you lean toward one choice, and the next, you're convinced of another. Even though you know there may not be a single "correct" answer, the weight of the decision feels overwhelming, especially knowing it could shape your future.

At first, the people around you are supportive, offering advice and giving you time to think. But as your indecision lingers, their patience wanes. They start pushing for a quick resolution, as if a decision will solve the problem. Or they

might give you advice: "If you're stressed, just scream it out or talk to someone." But sometimes screaming doesn't help, and talking to people who don't understand

only deepens the frustration. Suddenly, they add a new layer to your worries: not only the original decision but also how to stop others from becoming anxious about your indecision.

When faced with major life decisions and

uncertainty, sometimes the best thing to do is set the worry aside. Do something that brings you joy or calm, allowing yourself space to breathe. Surprisingly, moments of clarity often arise when we're not actively searching for them. And when

This wise book reminds caregivers to accompany children through their frustration without trying to solve it.

that moment comes, the answer will feel right, and the doubt will vanish.

That's why I love the picture book *Samishi's Frustration*. The pivotal moment comes when the worry-filled protagonist receives some valuable advice: "Sometimes, when you're frustrated, you can't fix the problem. But you can change how you feel about it!"

Worries are temporary. What we need to practice is enduring uncertainty without letting our emotions take control.

Samishi's Frustration teaches children to:

1. Recognize what frustration feels like,
2. Know what to do when they feel overwhelmed, and
3. Understand that even when nothing seems to help, our attitude can make all the difference.

More importantly, this wise book reminds caregivers to accompany children through their frustration without trying to solve it. By showing empathy and helping them find joy in small moments, we don't have to fully understand their struggles. Instead, we can practice patience and learn to observe without intervening—and so doing, allow children to make their own choices in life.

Ashley Chen is a counselor, psychologist, lecturer, and author.

This article has been condensed for the purposes of this booklet.



She decides to go for a walk.
Maybe this will help her feel less frustrated.



On her walk, Samishi meets a horse.
She asks the horse, "Have you ever been frustrated? I am frustrated now."

"What is a frustration?" the horse asks.
"A frustration is like having a hundred stones on your chest,
making you feel like you can't breathe."



“Then I would run and run,” says the horse,
“until I shake off that feeling.”