



Pyramid Pages

News & Tools for Parents & Early Childhood Providers

This monthly newsletter from OEC highlights basic Pyramid Model tips, tools, and resources that promote healthy social and emotional development in young children.



Emotions

Young children deal with many of the same emotions adults do. Children get angry, sad, frustrated, nervous, happy, or embarrassed, but they often do not have the words to talk about how they are feeling. Instead, they sometimes act out these emotions in very physical and inappropriate ways. We can prevent this by teaching emotions and using positive language.

How to use positive language to improve a child's behavior:

Replace “don’t” with “do”.

Tell children what to do instead of what not to do! “Please keep your feet on the floor” tells a child exactly what the expectation is and makes it more likely that the child will cooperate.



Resources

- **Video:** Teaching Feelings with Book Reading: https://www.youtube.com/watch?v=KuYEa_cbb3M&t=2s
- **Sesame Street:** A Song About Emotions: <https://www.youtube.com/watch?v=y28GH2Golyc&t=2s>
- **Click to Read:** [Teaching Emotions: Activity Ideas to Share with Families](#)
- **For more information:** email us at CTPyramid@gmail.com