

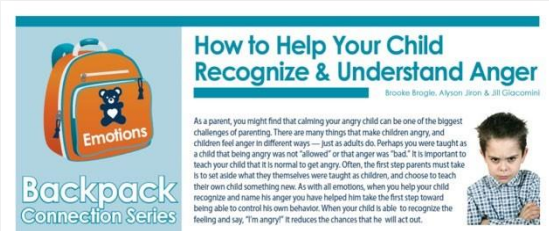


Pyramid Pages

News & Tools for Parents & Early Childhood Providers

Social-emotional learning and development is fundamental to children's success in school and beyond, and its importance is understood now more than ever. The Pyramid Model promotes young children's healthy social and emotional development; and provides tools, strategies, and resources for caregivers and families.

Topic: Helping Young Children with Anger



Click to Read:

[Emotions – How to Help Your Child Recognize and Understand Anger](#)

News

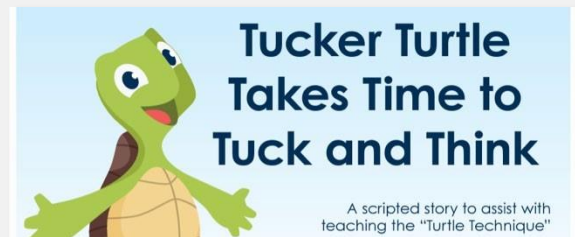
Children can become angry for a variety of reasons. Teachers and families can help children understand that everyone feels angry and show them positive ways to calm down, such as taking a deep breath or role playing with puppets.

The sample scripted story below shows a child learning a calm down strategy from Tucker the Turtle.

Tools

Tips for Helping Children with Anger

As with all emotions, when you help children recognize and name anger you have helped them take the first step toward being able to control their own behavior. When a child is able to recognize the feeling and say, "I'm angry!" it reduces the chances of acting out.



Click to Read:

[Tucker the Turtle Time to Tuck and Think](#)

Resources

- A short video using a puppet: [Introducing Tucker the Turtle to a Small Group](#)
- Check out: [Tips for Tots Emotional Regulation](#)
- Get ideas from this Toolkit: [Emotional Literacy and Problem Solving](#)
- For more information, email us at CTPyramid@gmail.com.

