Frustration is a common emotion in young children and typically occurs as they begin to discover the many things they would like to do, but simply cannot do yet.

Just like adults, young children might react to stress or frustration by becoming angry, shouting, refusing help from adults, or engaging in other challenging behaviors.

Tools

A Calm Down Space
It’s helpful to respond to frustration when it first arises before it changes into anger.

A calm down area or getaway space can provide children with a place to let go of frustration, and begin to feel calm and ready to engage with others again.

Resources

- Check out this short video on creating getaway spaces for children: Classroom Getaway Spaces
- Here’s a short video on providing quiet spaces: Providing a Quiet Place
- Here are more ideas: Help Young Children Regulate Their Emotions
- For more information, email us at CTPyramid@gmail.com