

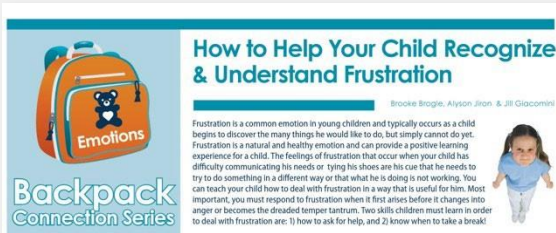


# Pyramid Pages

## 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.

### May Topic: FRUSTRATION



Click to Read:

[How to Help Your Child Recognize & Understand Frustration](#)

**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.



Click to Read:

[Taking a Break: Using a Calm Down Area at Home](#)

## 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](mailto:CTPyramid@gmail.com).