



REGULATION TECHNIQUES FOR YOUNG CHILDREN

EARLY CHILDHOOD - PYRAMID MODEL

QUICK CLASSROOM CONNECTIONS

As young children gain a better understanding of emotions, they become more capable of emotional regulation. Controlling anger and impulse is perhaps the most challenging task of emotional literacy. In real-life situations that are upsetting, disappointing, and frustrating, it is a tough undertaking to remain calm. Remaining calm in adverse situations is not about suppressing emotions, but the dynamic engagement of affective, cognitive, and behavioral processes. To regulate emotions, one must bring into play the rapid and accurate recognition of physiological arousal, the cognitive process required to think, for example, “I need to calm down” and, the behavioral pretense of taking a deep breath and reacting calmly. Children who learn to cope with their emotions constructively not only have an easier time with disappointments, aggravation, and hurt feelings that are so ubiquitous in the lives of young children, but they also have an easier time relating to other children and adults at home, in school or child care, and on the playground (Strain & Joseph, 2003)

ENHANCING EMOTIONAL VOCABULARY RESEARCH & RESOURCES

STAFF TRAINING RESOURCES

- [Article 2.6](#) - Helping Young Children Control Anger and Handle Disappointment
- OSDE, [Pyramid Model Lesson 2.5 - Recorded Webinar](#)
- OSDE, [Pyramid Model Lesson 2.5 - PDF Presentation](#)
- [Article](#) - Mindfulness for Children
- Getting Started with Mindfulness: A Toolkit for Early Childhood Organizations
 - [Article](#)
 - [Toolkit](#)

CLASSROOM RESOURCES

- Turtle Technique
 - [Video](#)
 - [Resources](#)
- Relaxation Thermometer
 - [English](#)
 - [Spanish](#)
- [Deep Breathing Strategies](#)
- Mindfulness
 - [Mind Yeti](#)
 - [Go Noodle - FLOW](#)

FAMILY RESOURCE

- [Backpack Connection](#) - How to Help Your Child Recognize & Understand Anger

FOR MORE INFORMATION OR FURTHER TRAINING

- [Contact](#) your Regional School Climate Specialist
- Checkout out our [Pyramid Model - School Climate Website](#)