

# Brookland Infant and Nursery School



Be Kind, Grow Together, Learn Forever





# Zones of Regulation



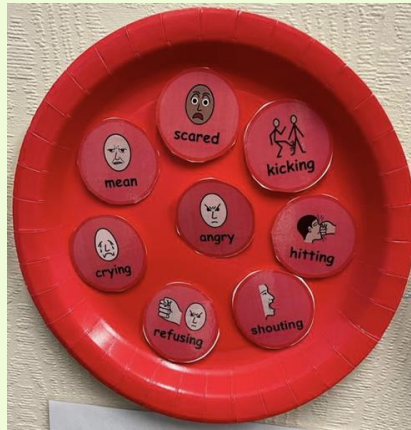


All zones are OK! All feelings are OK!

We make others  
feel comfortable  
and safe when we  
are in the  
**EXPECTED ZONE**  
at the  
**EXPECTED TIME.**



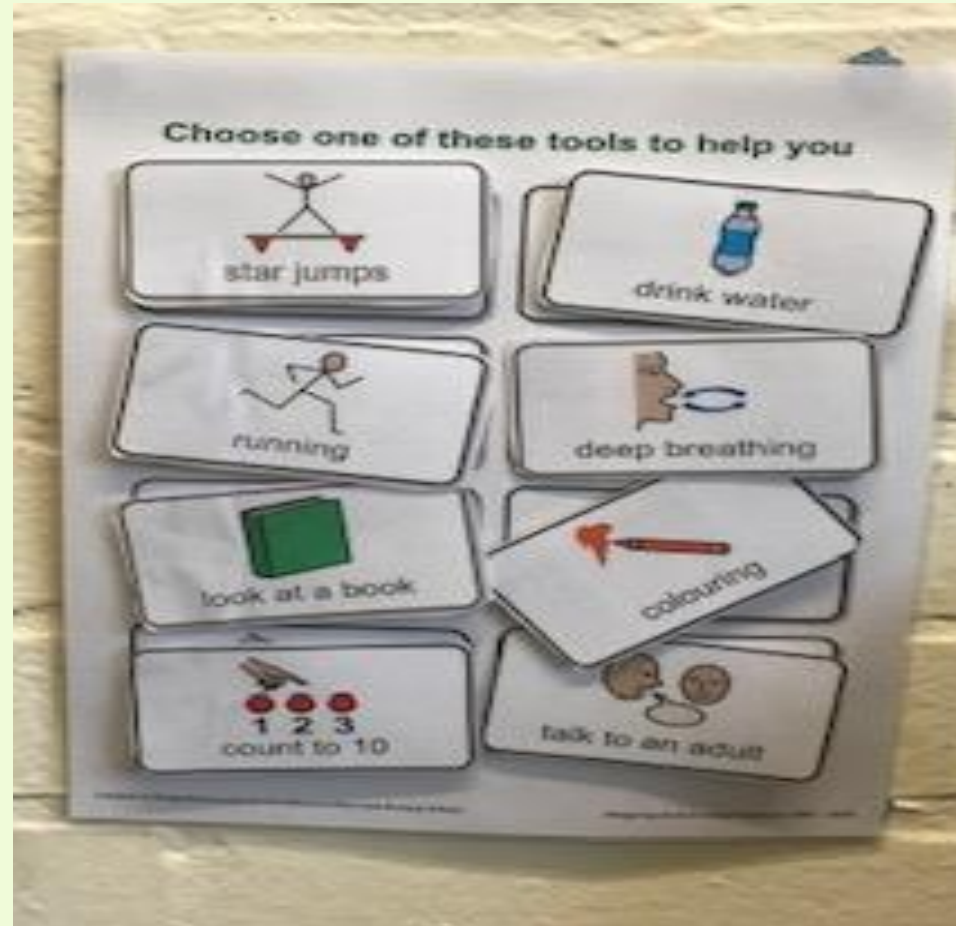
# Zones of Regulation – Red Zone



this is for when you feel very extreme or strong emotions such as anger or aggression. When you are in the red zone you may find it difficult to make good decisions and choices about how to behave. It is time to STOP! Think what do you need to do to calm down. Choose one of the tools from the toolkit.



# Zones of Regulation Toolkit



# Managing frustration

Frustration is a normal emotion that everyone feels at some time but learning to manage our behaviour when feeling frustrated is an important skill that helps children to stay calm, keep trying and solve problems (also great growth mindset skills).





# What is frustration tolerance?

Frustration tolerance is the ability to stay calm and manage feelings of frustration when things don't go your way or when facing challenges. It means not giving up or losing your temper when you encounter difficulties, and instead, finding ways to cope with the situation and keep trying.

There are four areas of frustration intolerance:

- Emotional intolerance or difficulty dealing with emotional distress
- Entitlement, described as intolerance to delayed gratification or unfairness
- Discomfort intolerance, involving difficulty in tolerating challenges and everyday hassles
- Achievement, involving difficulty tolerating frustration when goals are not met



# Signs of low frustration tolerance in children

Recognising signs of low frustration tolerance can help identify when children struggle to manage challenges. Below are some examples of behaviours that may indicate difficulty coping with frustration

- Frequent emotional outbursts when faced with challenges
- Giving up easily on tasks that require effort or persistence
- Difficulty waiting for their turn or handling delays
- Avoidance of difficult tasks or situations they perceive as challenging
- Becoming overly upset or angry over minor inconveniences
- Getting upset when they perceive that others are being rewarded and they are not (e.g. getting stickers, certificates, etc)
- Expressing frustration verbally, such as saying, “I can’t do this” or “This is too hard”
- Impatience or irritability when things don’t go their way immediately





# How to support your child to manage their frustration levels

- Model calm behaviour when you feel frustrated. The best way to teach a new skill is by leading through example. Whenever you feel frustrated, share your feelings in a calm way; “Well, this feels quite annoying. I’m going to count to 10 and take another go.”
- Let them know it is normal to feel frustrated- everybody does sometimes! The key is to learn to handle it in a healthy, positive way.
- As you get to know what triggers the frustration you can then anticipate the challenging moments and support the child to use strategies to help them manage the situation more effectively.
- Remember it is OK to feel frustrated and it is helpful for children to be in situations that make them feel frustrated so that they can better learn how to cope independently
- Where possible break tasks into manageable chunks with clear expectations and examples so that they know what to do.
- Praise their efforts, not just the results, to encourage perseverance.
- Teach them how to challenge their negative thoughts. Link to growth mindset and help them turn those “I can’t...” into more helpful thoughts (“I can handle this,” “I can learn if I practice,” “I can get better at this,”
- Teach them delayed gratification. i.e. create situations where they need to wait for rewards or outcomes. This will strengthen their patience and ability to manage frustration when things don’t happen right away.

