

# Frustration & Aggression

Understanding what  
we SEE, letting it  
GUIDE WHAT WE DO

**CHALLENGES**  
What do you SEE?

- Impatience
- Abruptness
- Rudeness
- Irritability
- Physical outbursts
- Tantrums
- Fatigue
- Depression

**THEORY**  
Where do the  
BEHAVIORS come  
from?

- Attachment problems
- Trauma & Adversity
- Emotional problems
- Youth & Immaturity
- Sensitivity
- Sensory problems

**PRACTICES**  
in the  
classroom

**MATERIALS**  
in the  
classroom

## TIER 1 Interventions

- Greeting and Collecting Students
- Brain Breaks
- Designated Area
- Emotional Release Activities
- Personal Bin

- Fine-Motor & Quiet Activities
- Sensory Materials
- Individual Workstation
- Children's literature
- Building & Creating Area
- Play, Drama, Dress-Up

## TIER 2 & 3 Interventions

- Check-Ins/End of Day Recaps
- Personal Bins
- You've Got Mail
- Accessibility to Materials
- Foster Classroom
- Emotions Room

- Emotions Intervention
- Building & Creating
- Movement Stations
- Cocoon Area
- Sensory Materials
- Individual Workstation
- Children's literature
- Play, Drama, Dress-Up

**PRACTICES**  
outside the  
classroom

**MATERIALS**  
outside the  
classroom