

Building relationships and communicating: Carrying on even when a task is difficult



- I communicate frustration or I am finding something difficult through body language and expression.
- I communicate frustration through my behaviour and actions.
- I am asserting my independence.
- I begin to accept help and try new ways of doing things when supported by an adult.



Things to help me grow

- Tune in and respond to when a child is becoming frustrated or needs help, offer encouragement to continue.
- Be sensitive when stepping in to support children, allowing them their independence but reducing frustration.
- Name children's emotions when they are expressing them by actions or body language.
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- Modelling the word and sign "help" when needed.

Making things easier

- Adapt activities or use backward chaining to make activities achievable.
- Visuals such as first then boards or task boards.

Helpful Links:

[First then board.](#)

[Flip task board.](#)

