Unpacking the Pyramid Model: A Practical Guide to Social Emotional Learning
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Pyramid Model

A Framework of Evidence-Based Practices

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Our Focus....

- Adopting a posture of support:
  - Supporting all children
  - Supporting all families
  - Supporting all teachers and providers
- Promoting confidence and competence
- Supporting inclusion, not exclusion

Successful Pyramid Model Teachers

Connected, Confident, and Competent
It’s all about relationships

“Every child needs one person who is irrationally crazy about him.”

Uri Bronfenbrenner
“Parents need to know that we care before they care what we know”
(Klass, 1997)

Responsive Relationship Practices

Supportive Conversations
Positive Attention
Positive Descriptive Feedback

Creating Supportive Classroom Environments

• Physical design
• Schedules and routines
• Planning and implementing activities to promote engagement
• Visual cue systems
• Structuring transitions
• Teaching rules/expectations
• Positive feedback and encouragement
• Classroom management systems
Expectations

We are safe
Estamos seguros

We are kind
Somos bondadosos

We are responsible
Somos responsables

Our Preschool Rules

These are our expectations for children, staff, and families.
We are working hard to:
1. Be Respectful
2. Be Safe
3. Be a Friend
We have rules that help us meet our expectations. We are learning how to follow these rules.

**Be Respectful:** Gentle Hands and Take Turns

**Be Respectful:** Quiet Voices and Listening Ears

**Be Safe:** Walking Feet and Feet on the Ground

**Be Safe:** Stay with Your Buddy and Clean Up

**Be Friends:** Be a Buddy and Play Together

**Be Friends:** Kind Words and Helping Hands
Some Universal Promotion

- Self-regulation, expressing and understanding emotions, problem solving, developing social relationships as social emotional learning for **ALL**
- Explicit instruction for **SOME**
- Increased opportunities for instruction, practice, feedback
- Family partnerships
- Progress monitoring and data decision-making

Pyramid Model
Friendship Skills

• Gives suggestions (play organizers)
• Shares toys and other materials
• Takes turns (reciprocity)
• Is helpful (assists)
• Affectionate
• Give compliments
• Understands how and when to give an apology
• Begins to empathize

Initiating Play

I can tap my friend on the shoulder.

I can say “let’s play!”

http://depts.washington.edu/hscenter/
I can gently take a friend by the hand.
I can give my friend a toy that I want to share.

Emotional literacy is the ability to identify, understand, and express emotions in a healthy way.

Feelings Poster and Mirror

http://depts.washington.edu/hscenter/
Using Books

- Ask questions about what characters are feeling and why.
- Share new emotion words and meanings.
- Plan activities related to emotions that arise in the book.

Grouchy Ladybug
Self Regulation

- Learning how to recognize anger in oneself and others
- Learning how to calm down
- Understanding appropriate ways to express anger

Controlling Anger and Impulse

- Recognizing that anger can interfere with problem solving
- Learning how to recognize anger in oneself and others
- Learning how to calm down
- Understanding appropriate ways to express anger
Take a Deep Breath

- Smell the flower
- Blow the pinwheel

www.challengingbehavior.org
Get an Adult

The Solution Kit

• Get a teacher
• Ask nicely
• Ignore
• Play together
• Say, "Please stop."
• Say, "Please."
• Share
• Trade
• Wait and take turns
• Use a timer

Problem Solving Steps

We Can Be Problem Solvers!

Relaxation Thermometer:

Mad

Deep breaths:

1, 2, 3

Relaxed
Pyramid Model for Promoting the Social and Emotional Competence of Young Children

- Tertiary Intervention
- Secondary Prevention
- Universal Promotion
Individualized Intensive Interventions

- Comprehensive interventions across all settings
- Assessment-based
- Collaborative team
- Partnership with families
- Skill-building

Individualized Positive Behavior Support

- Convene a team
- Conduct functional assessment
- Identify hypotheses
- Develop behavior support plan for all relevant environments

Thank you
Questions and Comments

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