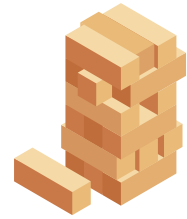




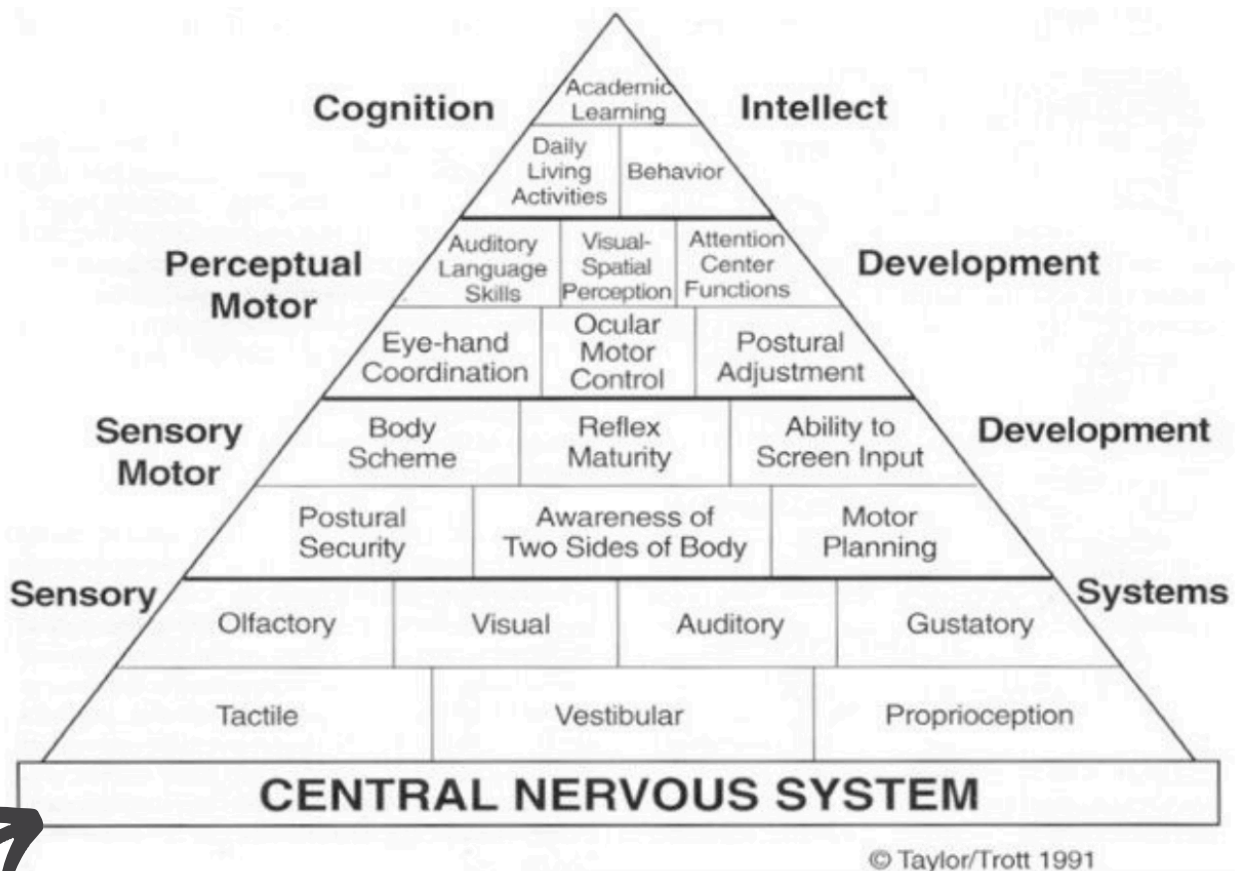
# The Pyramid of Learning

## WHAT IS THE PYRAMID OF LEARNING?

The Pyramid of Learning illustrates how foundational skills support the development of higher-level skills. When the skills at the base of the pyramid are well-established, the skills on above tiers can be developed more effectively. Conversely, if the foundational skills aren't adequate, it becomes more challenging to achieve the skills or goals at the top.



We like to think of this as a Jenga tower and how wobbly and challenging it can be when there isn't a strong base! Addressing the skills in this order is known as utilising the bottom-up approach.



## HOW WILL THE PYRAMID OF LEARNING HELP?

At Calm and Connected, we utilise this approach to promote self-regulation. The base of the pyramid represents the Central Nervous System (CNS), the brain and spinal cord, which forms the foundation for skill building and development. A regulated CNS allows an individual to feel safe, calm, and grounded, enabling them to assess risks, make plans, act on those plans, and modify them as needed. If a person's CNS does not feel safe, they it takes lots of effort and energy to appear calm and meet daily demands, making learning and acquiring new skills more challenging.

By focusing on regulation through the CNS, we can help individuals achieve successful outcomes in the skills at the top of the pyramid.