

SUPPORTING CHILDREN WITH SELF-REGULATION GETTING CALM AND STAYING CALM

Date: Thursday 29th Sept 2022

Time: 09:30am – 2.45pm

Objectives:

This one-day session will focus on understanding why some children struggle with staying in control of their emotions and suggest ways to support them in moving towards self-regulating.

Content:

- Reasons why children can struggle to stay in control of their emotions
- The importance of positive relationships
- What works to support self-regulation
- How '5-point scales' & 'Zones of Regulation' are part of positive self-regulation support

Target Audience:

This workshop is suitable for anyone working with school age children who need assistance with self-regulation.

Presented by:

Claire Noordally

Gravesham Specialist Teaching & Learning Service

£50.00 per delegate

Self-service refreshments are provided