

## Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA



ZOOM

## <u>Cultivating Behavior Needs: Self-Regulation Strategies to Support</u> <u>Students with BIG Emotions and Challenging Behaviors</u>

Wednesday November 20, 2024

8:30-11:30 AM or 12:00-3:00 PM

Presented by Lydia M. Sandoval, M. A.

Graduate Certificate Applied Behavior Analysis (ABA), Trauma Support Specialist (CTSS), former Registered Behavior Technician (RBT), Technical Assistance Program (TAP) Consultant, CES Ancillary Behavior Management Specialist

Self-regulation in the classroom is the ability to monitor attention, thoughts, emotions and manage everyday stressors. The strategies we will explore are for adults and students. Learn how to implement simple self-regulation strategies into your classroom routines to support calm, focused and ready to learn behaviors. As a result of active participation in this zoom webinar: participants will,

- Learn about the five Self-Regulation Domains
- Teach confidence building skills and promote resilience in your classroom.
- Design intentional activities and experiences that promote friendships and teach social skills.

## **Interactive Notebook with resources will be provided!**

The PM session is the same as the AM session. A Survey will be posted in the zoom chat at the end of the presentation. You must complete the survey to receive a Certificate of Completion. You can join the PM session if you miss part of the AM session.



