



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

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

## Guiding Emotions: Self-Regulation & Co-regulation for Classroom Success

Wednesday April 15, 2026

8:30-11:30 am or 12:00-3:00

Presented by Lydia M. Sandoval, M. A., TAP Consultant

✦ Together, we'll explore how fostering both self-regulation and co-regulation leads to healthier emotional growth and stronger learning outcomes for all students

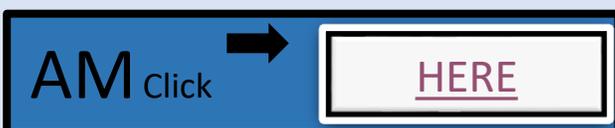
**Self-regulation** in the classroom means more than just “staying calm.” It’s the ability to monitor attention, thoughts, and emotions while managing everyday stressors. When students can regulate themselves—and when adults model and guide co-regulation—they are better able to stay engaged, focused, and ready to participate.

In this interactive **Zoom webinar**, we will explore practical self-regulation and co-regulation strategies that benefit both **educators** and **students**. These simple, easy-to-implement tools can be seamlessly woven into classroom routines to support a more positive and productive learning environment.

### What You'll Gain:

- ✓ Learn about the **five Self-Regulation Domains** and their classroom impact
- ✓ Practice **confidence-building skills** that promote resilience
- ✓ Explore **co-regulation strategies** to support students experiencing difficult emotions
- ✓ Discover **everyday routines and calming practices** that strengthen classroom wellness

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.



OR

