



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM



Educator Resources for Individuals with Autism Spectrum Disorders & Other Needs:

Sensory Self-Regulation Strategies and Supports

Thursday, May 7th, 2026

8:30 AM - 3:00 PM

Presented by Margaret Wood, MA/CCC-SLP and TAP Consultant

Sensory self-regulation is the brain's ability to calm down or become more alert depending on the environment, task at hand, and social situation. Many individuals (especially those with autism spectrum disorder, attention deficits, learning disabilities and other challenges) are stuck in a high level of arousal unable to change it independently. They need help to get their bodies into a lower arousal state, which is necessary for learning, transitioning between tasks, regulating emotions, and interacting effectively with others.

In this workshop, we will be exploring sensory development and differences, the EIGHT senses and how they impact all facets of the educational setting, understanding sensory processing and integration, classroom specific strategies to improve both sensory and emotional self-regulation, sensory toolboxes and "diets", movement breaks and brain breaks, sensory fidgets (toys vs. tools), communication tools to help students express regulation needs, and many other sensory and emotional self-regulation strategies that increase positive behavior and calm classroom chaos.

A survey will be posted in the zoom chat box at the end of the presentation.
You must complete the Survey to receive your Certificate of Completion.

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