

Complimentary Professional Development for Educators Technical Assistance Program (TAP)



LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP

All About Emotional Self-Regulation

Thursday December 02, 2021

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

Presented by

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Emotional self-regulation is the ability to adapt behavior when engaged in certain situations that may provoke emotions such as stress, anxiety and frustration. Formulate a strong foundation by learning self-regulation strategies to support our early learners understanding of their emotions. Continue this five-part series with more specific strategies to add to your resources.



Learn more fun activities to teach emotional self-regulation.



Understand the difference between self-regulation and self-control.



Review all five categories of self-regulation and enjoy a Q & A session.

Receive a fantastic  for you and your students.



Click Here →

[8:30](#)

Click Here →

[12:30](#)