



New Mexico
Public Schools
Insurance Authority

Complimentary Professional Development for Educators Technical Assistance Program (TAP)



LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP

Teaching Calm All Day Long with Self-Regulation Strategies

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

Thursday, March 10, 2022

Presented by Lydia Sandoval, M.A.

GCert Appl. Behavior Analysis (ABA) & Certified Trauma Support Specialist (CTSS),
former Registered Behavior Technician (RBT), Technical Assistance Program (TAP) Consultant

Self-regulation in the classroom is the ability to monitor attention, thoughts, emotions and manage everyday stressors. 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 virtual zoom presentation, attendee will:

- **Reframe** their understanding of the origins of behavior.
- **Learn** about all five self-regulation categories: Cognitive, Emotional, Social, Prosocial Biological
- **Build** a toolbox with easy to implement strategies to encourage attention, emotional regulation, social skills, and more...

The same topic is presented in both AM and PM. Click to register for AM or PM Session.

COMPLIMENTARY!

AM Click

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PM Click

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