



Complimentary Professional Development for Educators Technical Assistance Program (TAP)

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

Teaching Calm All Day Long Part 1:

All about Cognitive Self-Regulation



Tuesday, September 12th, 2023


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

Presented by Lydia M. Sandoval, M.A.

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

Join me on a three-part series to learn about self-regulation. Self-regulation in the classroom is the ability 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! daily routines to support calm, focused and ready to learn behaviors. As a result of active participation in this virtual zoom presentation, attendees will:

- ✚ **Reframe** their understanding of the origins of behavior.
- ✚ **Learn** about cognitive self-regulation & have an introduction to all 5 categories of Self-regulation.
- ✚ **Build** a toolbox with easy to implement strategies to teach cognitive, social, prosocial Emotional self-regulation.

You will receive an interactive notebook with multiple resources. 

A Survey will be posted in the 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.

AM Click

[HERE](#)

OR

PM Click

[HERE](#)