



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

LIVE VIRTUAL COMPLIMENTARY PROFESSIONAL DEVELOPMENT WORKSHOP VIA  ZOOM

## Teaching Calm All Day Long Part 2: Emotional Self-Regulation

**Wednesday, October 18, 2023**

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

Presented by Lydia M. Sandoval, M.A.

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CES Behavior Management Consultant

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 students' understanding of their emotions. Continue this three-part series with more specific strategies to add to your resources. You will receive 2 Self-regulation lessons to begin teaching emotional self-regulation.

**Learn more fun activities to teach emotional self-regulation.**

**Learn the difference between self-regulation and self-control.**

**Create space to practice self-regulation.**

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

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OR

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