

# EMOTIONAL REGULATION COURSE

## FOR NEURODIVERSE STUDENTS

WITH SUE LARKEY

**In this course you will learn simple and effective strategies to teach emotional regulation strategies for neurodiverse students!**

This course is aimed at Primary Ages Students to increase engagement and participation. For Neurodiverse students (Autism Spectrum, ADHD, ADD, ODD, PDA), their difficulty with emotional regulation or executive functioning impacts on the ability to “down-regulate” and “Up-regulate” in busy classrooms and schools. Students needs a range of additional supports and adjustments to help them recognise and regulate their emotions throughout the school day.

- ✓ Understand the crucial role of emotional regulation in students with Autism Spectrum, ADHD, ODD, and PDA.
- ✓ Learn to develop tailored strategies for self-management and self-awareness.
- ✓ Align your teaching with ACARA Personal and Social Capability learning continuum and NESA PDHPE syllabus elements to ensure comprehensive student development.
- ✓ The importance of consistent and specific language to support students understand and regulate their emotions
- ✓ Foster Emotional Literacy: Teach students to connect emotions so students can identify what each emotion feels like and how to self manage
- ✓ Implement journaling strategies to analyse students' own emotions and corresponding events, promoting emotional awareness and growth.
- ✓ Help students explore and identify the physical signs of emotions within the body fostering self-awareness
- ✓ Individualised Self-Regulation Strategies: Develop personalised self-regulation plans for each student, considering their unique needs and preferences.
- ✓ Adaptable & Effective Teaching: Learn to adapt and adjust strategies as needed, ensuring their continued effectiveness and relevance for your students.



### This Course Includes:

- 74 Downloadable Pages of Printables and Templates
- 15 Lessons - Tips & Strategies to implement
- Start Immediately, Watch Anytime.
- 3-Hours Training
- You have 6 weeks to complete (can extend at anytime)
- Certificate on Completion.
- Tax Invoice Issued Immediately.

### Bonuses

- Transcript of Course
- Programme - 5 Steps for Teaching Emotions
- My Feelings Journal and Instructions on how to use in your classroom

NESA, CPD, PL, VIT & TQI Accredited PD -3 hours Completing Developing Knowledge and Understanding of Autism Spectrum Disorder to Improve Student Learning and Participation will contribute 3 hours of NSW Education Standards Authority (NESA) Accredited PD in the priority area of Students/children with Disability addressing standard descriptors 4.1.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

## REGISTER ONLINE

[elearning.suelarkey.com.au](http://elearning.suelarkey.com.au)

### WHO IS THIS COURSE FOR?

Anyone who supports **Primary Aged Neurodiverse Students.**

**Sue Larkey** is a highly qualified special educator who has taught in mainstream and special schools. She is currently working toward a Doctorate of Education focussing on inclusive schooling. She has authored several books and resource materials. Sue is unashamedly passionate about her mission – to inspire parents and educators and teach them how to Make it a Success.

# Emotional Regulation for Neurodiverse Students

## Overview of Course

### Module 1 - Introduction to Emotional Regulation

### Module 2 - Watch all Lessons, then Select Activities for Programming

## Introduction & Complete Documents to Download

- **Lesson 1:** Provide Specific Location for Student to go to Self-Regulate (*Take a Break Table*)
- **Lesson 2:** Linking Emotions & Self-Regulating Strategies (*Wheel of Calm*)
- **Lesson 3:** Create List of Positive Strategies to Repair Negative Emotional Experiences (*How to Feel Happy & Calm Again*)
- **Lesson 4:** Create an Immediate Action for the Student when Faced with a Situation that might Trigger an Emotional Reaction (*Stop Think Do*)
- **Lesson 5:** Pre-empt and Prepare for Situations that might Trigger an Emotional Reaction (*Social Scripts*)
- **Lesson 6:** Use Games/Activities to Recognise/Label Emotions & Strategies to Regulate (*Emotional Regulation Dominoes*)
- **Lesson 7:** Use Technology to Visually Show Situations & Reactions (*Video Modeling/Role Play*)
- **Lesson 8:** Using Books to Talk about Emotions
- **Lesson 9:** Empowering the Student to Self-Regulate (*Take a Break Cards*)
- **Lesson 10:** Prepare Sensory and Calming Tools for Student to Access to Promote Self-Regulation (*Create a Calm/Sensory Box*)
- **Lesson 11:** Promote Flexibility and Alternative Plans for the Student to Use (*Change Your Mindset*)
- **Lesson 12:** All Students Benefit from Learning Emotional Regulation and How each other React & Regulate (*Posters of Emotions*)
- **Lesson 13:** Use Games/Activities to Recognise/Label Emotions in Themselves and Others (*Emotion Game*)
- **Lesson 14:** Identify the Role of Physical Activity/Movement to Self-Regulate (*Physical Breaks*)
- **Lesson 15:** Teach How to Identify the Intensity of a Range of Emotions (Create a Scale)

## Final: Reflection and Role of Executive Functioning

Module 3 - Create Your Plan

Module 4 - Creating Consistency

Your Bonuses, Evaluation & Certificate

- How to Teach your Students to Use their Journal (*My Feelings Journal*)
- Process of Teaching a Feeling (*5 Step Plan*).
- Recommended Resources

## Course Documentation

- **Course Handout**
- **Activities, Templates, Time-Savers, Tip Sheets (over 74 pages)**
- **Bonus Activities, Templates**

MODULE 2: DOWNLOAD & PRINT: ACTIVITIES, TEMPLATES, TIME  
SAVERS, TIP SHEETS

**OPTION #1 - PRINT NOW**

DOWNLOAD/PRINT ALL ACTIVITIES  
IN ONE DOCUMENT (74 PAGES)

DOWNLOAD NOW

**OPTION #2 - PRINT LATER**

PRINT EACH INDIVIDUAL  
DOCUMENT (ATTACHED IN EACH  
LESSON)