

Recap of Prior Learning & Course Handout

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)