

Name: _____ Class: _____

ABOUT ME

Photo

UNDERSTANDING MY FEELINGS

When I feel...		What helps me...
	wiggly	
	tired	
	bored	
	fast/jumpy	
	worried	
	excited	
	angry	
	sad	

Name: _____ Class: _____

MY SELF-REGULATION TOOLKIT

Some of us take deep breaths, some squeeze a stress ball, and some just need a little space. However you find your calm, it's totally okay.

Some ideas to help you feel better...



Dance to a fun song



Arm Pretzel



Bubble Breath



Finger Pull



Give yourself a hug



Palm Push



Count to 10



Calm Corner



Army Crawl



Crab Walk



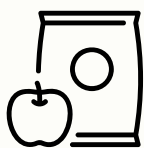
Superman Pose



Run on the spot for 30 seconds



Water Bottle with a Straw



Crunchy Snack



Go to the toilet



Fidget Toy



Headphones



Read a Book

Brainstorm some more ideas to help you feel better...

FAIR ISN'T

Everybody getting the same
thing...

FAIR IS

Everybody getting what they
need in order to be

SUCCESSFUL.

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

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

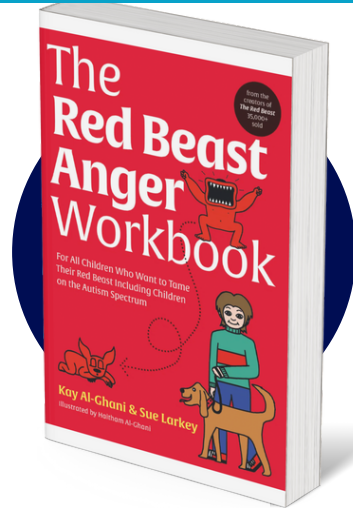
Module 2 - Watch all Lessons, then Select Activities for Programming

Introduction & Complete Documents to Download

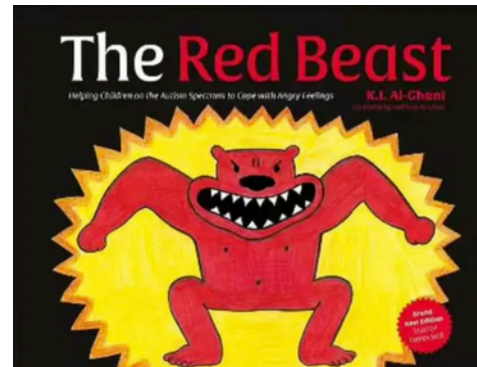
- **Lesson 1:** Provide Specific Location for Student to go to Self-Regulate (*Take a Break Table*)
- **Lesson 2:** Linking Emotions & Self-Regulating Strategies (*Wheel of Calm*)
- **Lesson 3:** Create List of Positive Strategies to Repair Negative Emotional Experiences (*How to Feel Happy & Calm Again*)
- **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

Sue's Top Pics for EMOTIONAL REGULATION



The Red Beast Anger
Workbook

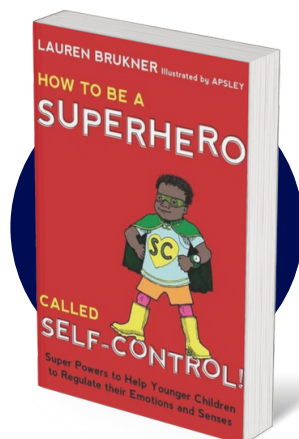


The Red Beast

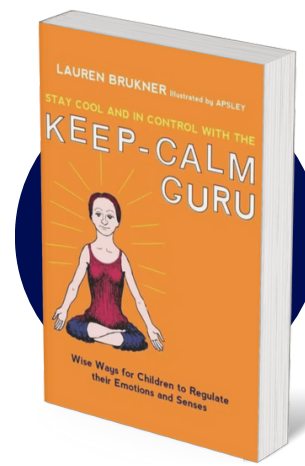
Helping Children Recognise and Regulate Their Emotions



The Kids Guide to Staying
Awesome



How to be a Superhero
Called Self Control



How to Stay Cool and In
Control With the Keep Calm
Guru

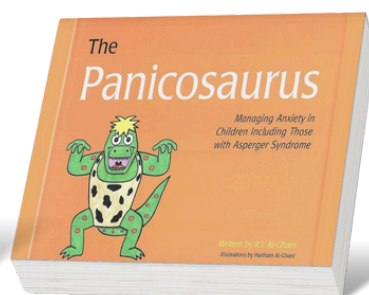


Self Control to The
Rescue

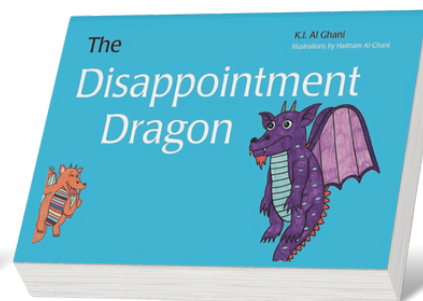
Picture Books to Help Understand Emotions



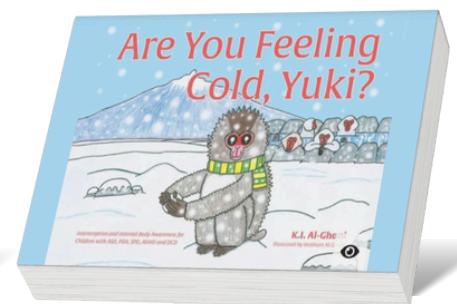
The Red Beast



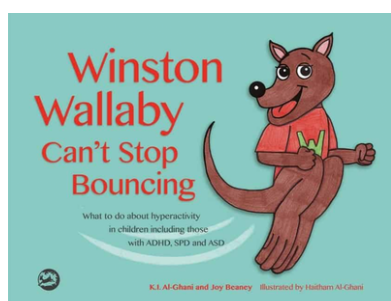
The Panicosaurus



The Disappointment
Dragon



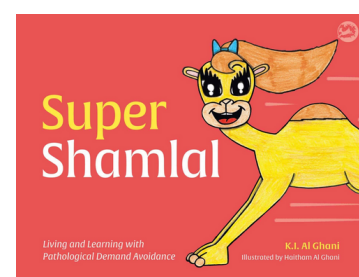
Are you feeling cold,
Yuki?



Winsto Willaby Can't
Stop Bouncing



Green Eyed Goblin



Super Shamlal