

Emotional Regulation in the Classroom: Working with the Nervous System (4-part series)

**PRESENTED BY****Corinne Vesey****SERIES SESSIONS**

Date	Time
January 15, 2025	12:30 PM - 1:00 PM
January 22, 2025	12:30 PM - 1:00 PM
January 29, 2025	12:30 PM - 1:00 PM
February 05, 2025	12:30 PM - 1:00 PM

**LOCATION****Online****FEE****\$25.00****QUESTIONS?****Contact Us:**crc-register@aplc.ca[403-291-0967](tel:403-291-0967)**REGISTER ONLINE****Visit our website to register:**crcpd.ab.ca

Learning Opportunity

Target audience: K-12 educational assistants, instructional leaders, pre-service teachers and teachers are encouraged to attend.

In this 4-part Lunch & Learn series, learn how the nervous system's responses can affect emotional regulation and children's ability to fully participate in the classroom.

We will explore practical strategies for down-regulating and up-regulating the nervous system (for self and students). Finally, learn about the science of co-regulation, how our nervous systems can affect one another, and how to leverage this for emotional regulation with your students. Each session will include ready-to-implement strategies to strengthen emotional regulation in your classroom.

Part 1: **Exploring the Nervous System & How it Affects Regulation**

In this session we will discuss how the body and brain respond to stress, how this affects learning, and explore some practical strategies for developing regulation awareness and coping skills.

Part 2: **The Window of Tolerance & Returning to Regulation**

In this session we will discuss hyperarousal, hypoarousal, and returning to a regulated state. Practical strategies for implementing the window of tolerance in class will be provided.

Part 3: **Research-Informed Strategies for Regulation**

In this session we will learn somatic, mindfulness-based, grounding, and various other regulation strategies that can be

easily implemented into your teaching practice.

Part 4: **Co-Regulation & A Relational Model**

In this session we will discuss nervous system attunement strategies to utilize the student-teacher relationship to affect regulation. The Regulate, Relate, Reason model will be explored for easy application in the classroom.

Presenters

Corinne Vesey

Corinne is a mental health and education specialist with 20 years of teaching experience. She holds Bachelor of Arts, Bachelor of Education, and Master of Counselling degrees. After teaching dance, drama, and yoga both in private studios and as a fully certificated teacher in the public school system, Corinne decided to pursue further education in mental health and completed her graduate degree and practicum in counselling, and has been working in mental health education and program development ever since. Corinne has a passion for integrative mental wellness and utilizes her skills in education, counselling psychology, movement, dance, and yoga to create comprehensive and holistic care for people of all walks of life.

Registration Notes

All session times are mountain time.

This series will be recorded and available for 30 days.



**Providing Quality Professional Learning
Opportunities to K-12 Education Staff**