**Self-Regulation Launch Week Schedule September 21-25, 2015**

*All sessions at the Prince of Wales Northern Heritage Centre*

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| **Monday, September 21 – 9:30am – 4pm** | | |
| AM | Welcome & Introductions |  |
| General Introduction to Self-Regulation | What is self-regulation?  A philosophy, not simply a set of tools. |
| Visiting the Five Domains | Biological, emotional, cognitive, social, prosocial as outlined by Stuart Shanker. |
| LUNCH | | |
| PM | Common Errors Made when Introducing SR |  |
| Introducing the SR Toolkit | A set of lesson plans. |

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| **Tuesday, September 22 – 8:45am – 4pm** | | |
| AM | Teacher Wellness | What does it mean & how can it be achieved in the 21rst century? |
| LUNCH | | |
| PM | Teacher Orientation (Re-orientation) | Classroom basics that need regular re-visitation. |

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| **Wednesday, September 23 – 8:45am – 4pm** | | |
| AM | Tools for Education Assistants | Responding to the self-regulation needs of the complex needs student. |
| LUNCH | | |
| PM | Tools for Education Assistants continued | Responding to the self-regulation needs of the complex needs student…continued. |
| 7-9pm Parent Information Session | | |

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| **Thursday, September 24 – 8:45am – 4pm** | | |
| AM | Prosocial Domain | Kindness – can it be taught? |
| LUNCH | | |
| PM | Sensory Circuit |  |
| Debrief & Next Steps |  |

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| **Friday, September 25 – 8:45am – 1pm (T4T Members\* only)** | | |
| AM | T4T Teambuilding |  |
| LATE LUNCH | | |

\* The T4T group will become a professional learning network that will participate in monthly videoconference learning and debriefing sessions throughout the school year.  The time commitment is estimated at approximately 8-10 hours in total per year and the goal is to develop expertise and capacity within each region.  Additionally, ECE will make resources such as webinars, teaching resources and classroom materials available to all schools interested in furthering their SR journey.