



Thursday, November 8, 2018

Helping Young People Learn Self-Regulation: Teaching Impulse Control To Students K-12

Excited	Sad	Angry	Sick
Surprised	Happy	Unhappy	Bored
Tired	Confused	Proud	Afraid
Embarrassed	Hurt	Hungry	Shy



150 Stewart
Haysville, KS 67060
Penny Schuckman, Director

**Graduate Credit
Available!**

Website: <http://usd261.com/learningcenter>

Phone: 316.554.2331 Fax: 316.554.2342



Registration Deadline: November 1st, 2018

WORKSHOP DESCRIPTION:

Self-Regulation includes a set of insights and skills students need for academic success, emotional control and healthy social interaction. Helping young people improve their Self-Regulation skills can help them to better handle anger issues, anxieties, impulsiveness, academic challenges, classroom behavior issues, self-esteem struggles, social troubles and more. The presenter will provide recommendations and strategies that you will be able to use with all students, and in particular with students who have behavioral and/or emotional self-control issues. The content of this seminar is consistent with the principles underlying the RTI/MTSS and Positive Behavior Supports movements. In this seminar you will learn how to apply step-by-step strategies/activities to teach



young people how to increase Self-Regulation including: Cooling the Flame, My Warning Signs, Melting Freeze, You Can't Make Me Laugh, Free Emotional Expression, Challenge Software Program, Defiance Trap.

PRESENTER: Brad Chapin, B.S., LCP, LMLP

Brad Chapin is a best-selling author and an internationally recognized speaker in the area of Self-Regulation. He has nearly 20 years of experience in behavioral health serving children and adults. Brad has a passion for teaching parents and professionals the importance of helping children develop healthy Self-Regulation skills. He continues to create innovative strategies utilizing technology to engage children in the process. Brad believes that Self-Regulation provides an easy-to-learn and easy-to-implement framework for addressing many of the problem areas children and families experience including ADHD, anger/behavior problems, academic issues, social/emotional problems, Autism Spectrum Disorders and anxiety/depression.

Date & Time: Tuesday, November 8, 2018
8:30 a.m. to 3:30 p.m.

Location: The Learning Center, USD 261
150 Stewart
Haysville, KS 67060

Cost: \$100 Out of District
Free To USD 261 Staff



Registration Deadline: November 1, 2018

Name: _____

E-Mail: _____

School/District: _____

Address: _____

Payable To:
The Learning Center, USD 261

Register on our website:
<http://usd261.com/learningcenter>

Or register by E-mail, Phone or Fax:
E-Mail: dlewis@usd261.com
Phone: 316.554.2331 Fax: 316.554.2342

Self-Regulation

