



*Friday, February 8, 2019*



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



150 Stewart  
Haysville, KS 67060  
Penny Schuckman, Director

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

Phone: 316.554.2331 Fax: 316.554.2342

**Graduate  
Credit  
Available!**



*Registration Deadline: February 1st, 2019*

**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:** Friday, February 8, 2019  
8:30 a.m. to 3:30 p.m.

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

Graduate  
Credit  
Available!

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

**Registration Deadline: February 1, 2019**

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](mailto:dlewis@usd261.com)  
Phone: 316.554.2331 Fax: 316.554.2342

