W.R.D.S.B. EDUCATIONAL ASSISTANTS ASSOCIATION

eUpdate

The Latest Information to Keep YOU Informed

CANCELLED

Unfortunately due to illness, tonight's February 22 virtual PD is cancelled.
We are working on providing an alternate date.
Thank you for your understanding.

~The Personal and EAA present~

A Virtual Evening of Professional Development

25 YRS! Social ThinkinG

Understanding Emotions and Strategies to Develop Self-Regulation

When what a student says or does (actions or reactions) is out of sync with what the group is doing, they're often labeled as a "behavior problem." We'll rethink "behavior problems" by exploring strategies that promote development of social competencies. We will discuss how to use Social Thinking Vocabulary and other tools to better understand one's thoughts and feelings to self-regulate throughout the day.

Describe two evidence-based strategies to encourage awareness of one's own feelings and manage stress



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