

HELPING PUPILS DEVELOP THEIR OWN PERSONALISED EMOTIONAL REGULATION SYSTEM

Date:

22nd

April

2024

Time:

09:45-12:45

Cost:

£45 per delegate

**Refreshments
are included**

SEMH

**MIDAS, Meadowfield School, Swanstree Avenue,
Sittingbourne, ME10 4NL**

Presented By

Jonathan Smeeton, Meadowfield STLS

Target Audience

All staff working in primary and secondary settings particularly those working with pupils who require support with emotional regulation.

Workshop Objectives

This **half-day** workshop will consider a graduated approach to delivering emotional regulation teaching which can be used on a class, group or individual level.

Workshop Content

This **half-day** workshop will include:

- How to develop emotional literacy and capacity to name emotions
- Understanding the importance of co-regulation in order that pupils successfully use their own systems
- The importance of personalisation and ownership
- Teaching interception and why it is crucial to any successful system
- Overview and examples of different systems such as 'The Incredible 5 Point Scale' and the 'Zones of Regulation'

For bookings please contact: midas@meadowfield.kent.sch.uk or telephone MIDAS Centre on 01795 477788, option 6.

