

NR.IE18.038CG In the Zone: Self-Regulation Workshop



PRESENTED BY

Laura Paiement



SERIES SESSIONS

Date	Time
May 10, 2018	8:45 AM - 3:30 PM



LOCATION

Ridgeview Central School - 10402 94 Ave

FEE

\$0.00

QUESTIONS?

Contact Us:

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Program

An understanding of a self-regulation approach has been shown to help staff and students not only deal with the ever increasing stressors in their lives, but to have the tools to actually thrive. A self-regulated classroom uses many tools and strategies to support a positive learning environment where every child can succeed and contribute. Join Laura Paiement in this full day session where we will focus on the Zones of Regulation as one program that is proving to be effective in helping staff and students create a positive learning environment where every child can be successful. Through engaging and interactive activities we will look at the Zones of Regulation program and learn strategies to implement the zones and the overall concept of self-regulation into the classroom and whole school environment. You will leave with an understanding on how to teach your students to develop the internal self-regulation resources that not only impacts their learning but also impacts their overall health and wellness.

Presenters

Laura Paiement

Laura Paiement, is a facilitator for the Canadian Self-Regulation Initiative, Healthy Schools and Self-Regulation Coordinator for SD83 in B.C., and a pediatric therapist. Laura has been teaching school district staff, parents, and

students throughout western Canada how to implement self-regulation strategies into their classrooms, their schools, and their communities in order to live healthier and happier lives. Laura truly believes that using self-regulation strategies and tools can allow you to bring your nervous system into balance so you can think clearly, learn with ease and passion, and enjoy life- in essence, to thrive!
