



# Agenda

## Webinar: Supporting Emotion Regulation in Early Childhood

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**Thursday, August 30, 2018**

**1:00–2:30 p.m. MT**

This REL Central webinar will present research-based strategies for creating supportive environments and using specific teaching strategies to foster the development of emotion regulation skills in early childhood settings. It will focus on strategies to implement Recommendations 2 and 3 from the What Works Clearinghouse (WWC) practice guide *Reducing Behavior Problems in the Elementary School Classroom* (Epstein, Atkins, Cullinan, Kutash, & Weaver, 2008).

By the end of this webinar, participants will have learned the following:

1. The role of emotion regulation in regulating elementary and early childhood student behavior.
2. The recommendations from the WWC practice guide *Reducing Behavior Problems in the Elementary School Classroom*.
3. Multiple strategies for implementing Recommendations 2 and 3 from the practice guide and the adjustments necessary to make them relevant to their classroom settings and populations.

## Agenda

### **1:00–1:05 p.m. Introduction to the Webinar**

*Facilitator: David Yanoski (Researcher, REL Central)*

Participants will receive an explanation of webinar platform features and an introduction to the resources for the webinar.

### **1:05–1:20 p.m. Introduction to Supporting Emotion Regulation in Early Childhood**

*Presenter: Crystal Day-Hess (Assistant Director, Marsico Institute for Early Learning and Literacy, University of Denver)*

Participants will become familiar with the recommendations of the *Reducing Behavior Problems in the Elementary School Classroom* practice guide. A brief Q&A session will follow.

### **1:20–1:40 p.m. Overview of Emotion Regulation**

*Presenter: Crystal Day-Hess*



Participants will receive an overview of emotion regulation, including information about the different types of regulation, the importance of emotion regulation for academic achievement, and children's development of emotion regulation. The presenter will engage participants in an activity to demonstrate the difficulties students face in dealing with classroom distractions, prompt participants to share examples from their own experiences with children's emotion regulation, and answer questions.

**1:40–2:00 p.m. Overview of Recommendation 2: “Modify the classroom learning environment to decrease problem behavior”**

*Presenter: Crystal Day-Hess*

Participants will receive an overview of Recommendation 2 from *Reducing Behavior Problems in the Elementary School Classroom*. The overview will include strategies for implementing the recommendation, including the importance of classroom behavioral expectations and the identification and modification of the classroom environment and instruction to support positive behavior and the development of emotion regulation. In addition, the presenter will share concrete strategies for carrying out this recommendation. Participants will reflect on these strategies and develop one concrete step based on the strategies for supporting positive behavior in their classrooms. The presenter will answer questions.

**2:00–2:20 p.m. Overview of Recommendation 3: “Teach and reinforce new skills to increase appropriate behavior and preserve a positive classroom climate”**

*Presenter: Crystal Day-Hess*

Participants will receive an overview of Recommendation 3 from *Reducing Behavior Problems in the Elementary School Classroom*. The overview will include strategies for implementing the recommendation, including identifying areas in which students need explicit instruction for appropriate behavior; teaching skills by providing examples, practice, and feedback; and managing consequences so that reinforcers are provided for appropriate behavior and withheld for inappropriate behavior. Participants will reflect on these strategies and develop one concrete step based on the strategies for supporting positive behavior in their classrooms. The presenter will answer questions.

**2:20–2:30 p.m. Closing**

*Facilitator: David Yanoeki*

The facilitator will deliver closing remarks and provide an overview of additional resources. The facilitator will address participants' questions and explain how to find the recorded webinar.

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