

Co-regulation Workshop Agenda

Meeting: Early Learning Co-regulation Workshop
Session: What is Co-regulation?
Date: Thursday, April 15, 2021
Location: Zoom Webinar
Time: 9:00 a.m. – 12:00 p.m.

- 9:00 a.m. Opening Prayer
 Introductions
 Elder Remarks
 Breakout Room Check-ins
- 9:30 a.m. ***Jody Yerlitz, Early Learning Facilitator, MFNERC***
 Self-awareness of our own regulation
 We all need self-regulation
 Self-regulation VS Self-control
 Dysregulation
- 9:45 a.m. Breakout Room 1 – What are you doing to support those feelings? Temperature check.
- 10:00 a.m. ***Dawn Flood, Early Learning Facilitator, MFNERC***
 Importance of relationship
 Children are learning self-regulation from the people in their lives
 Strong relationships
- 10:15 a.m. ***Susy Komishin, Partnerships Project Lead, MFNERC***
 View of children’s behaviour
 Our view on the child
 Our view of children’s behaviour
- 10:30 a.m. Breakout Room 2 – Scenario: What is going on here and what would you do?
- 10:45 a.m. ***Debra Mayer, Early Childhood Education Consultant, Manitoba Education***
 Co-regulation: What is it and why is it important?
- 11:00 a.m. Breakout Room 3 – Discuss an example of co-regulating calm or sharing/lending your calm.
- 11:15 a.m. ***Susy Komishin, Partnerships Project Lead, MFNERC***
 How regulation is impacted by others?
 Take away task – Over the next week give two examples where you observed yourself or someone else dysregulated and two examples of where you, or someone else was regulated and calm.
- 11:30 a.m. Evaluations
 Wrap-up
 Elder Reflection
 Closing Prayer