

Supporting Behaviour & Regulation

Free online learning for teachers, educators & families



Understanding our own reactions to situations & developing techniques that allow empathic connection between children & adults



Understanding Yourself

What that means and how you can bring that knowledge into your actions and responses



But What Do I Say?

How you can craft your responses to make sure you're confident in responding to distress in others



Supporting Regulation

Strategies for helping children identify, describe and learn about their bodies & the state it is in



Wait! When Do I Say It?

Exploring stages of escalation, dysregulation, and regulation



How Can I Build Resilience?

Ways to support children in building resilience over time



Pause & Reflect

Additional Resources at the click of a mouse



Reviewing Learning

Reflecting on opportunities & ideas for practice

