

## The Self-Reg Journey of

# Aviva Dunsiger



Teacher HWDSB, Social Media Educator, and TMC The MEHRIT Centre Moderator: "Soft Eyes" for our Students and Ourselves

Aviva Dunsiger is a dedicated Kindergarten teacher west of Toronto. She is an inspiring Self-Reg blogger both for TMC and on her own site [Avivaloca](#), moderator for TMC The MEHRIT Centre, and uses social media as a communication tool to make the learning visible.

### Why Self-Reg

"Our Board was offering a Calm, Alert, and Learning Book Club. I decided to join the Book Club and be one of the facilitators. I did so initially not because I believed in Self-Reg, but because I wanted to show my commitment to Kindergarten. The Book Club changed me in the most incredible ways!"

### Big Picture

"Be ready for the best journey of your life! It will totally change you as a person and a professional. You will not be able to see anything without thinking of Dr. Stuart Shanker's Self-Reg first."

### Process at this Point

"Over the years, I've worked in many schools where Self-Reg becomes a topic of discussion. I've now read Calm, Alert, and Learning three different times as part of different school book clubs. This book often becomes the starting point for our conversations around Self-Reg. Last year, my principal bought the book for every educator as a year-end gift. I've helped facilitate discussions on it during monthly staff meetings, and it's helping with making Self-Reg thinking as more of a part of our school community."

"Blogging is another way that I work through my

thinking, and these blog posts have proven to be great discussion points with colleagues."

"Why? Why now?" Stuart Shanker's questions make it into so many of our conversations.

### Challenges

"The biggest struggle that I faced when discussing Self-Reg is the belief that it's misbehaviour and not stress behaviour."

"While I try to be the self-regulated teacher, sometimes I can be the dysregulated one. I apologize, and I try again"

### Fond Memory

The first time that I spoke to Susan Hopkins about Self-Reg. I was really focused on how muted tones, reduced lighting, and less visual distractions would help kids self-regulate. I realize now how I was caught up so much in the Biological Domain, and how Self-Reg is way more involved in this. These Self-Reg options are only a piece of the puzzle!

### Hope!

"My biggest personal breakthrough was in how I started to look at myself differently. I saw the impact that my own stress can have on others, and I began to be more aware of what I need to self-regulate. Now I see everything through a Self-Reg lens."

Self-Reg "changed the teacher's view of the child, and ultimately, the child's trajectory."