SELF-REG
SUMMER SYMPOSIUM 2020

Self-Reg, Equity & Well-Being
VISION 2020
PROGRAM

JULY 6 – 9
TRENT UNIVERSITY

The MEHRIT Centre
self-reg.ca
Welcome to our 6th Annual Self-Reg Summer Symposium (SRSS)!

An event like no other, SRSS attracts Self-Reggers from across the globe for four days of living and learning Self-Reg at the beautiful Trent University campus in Peterborough, Ontario. Grab your notebooks, stories, yoga mats & sunglasses and prepare to be blown away by the energy of our Self-Reg community and the awe-inspiring message of hope that Self-Reg brings both personally and professionally!

This year we are focusing on Self-Reg, Equity & Well-Being. Currently driving a lot of incredible change across Canada and the world beyond, equity and well-being go hand in hand with Self-Reg and are vital for today’s children, communities and schools. Here at The MEHRIT Centre we truly believe:

- The well-being of children is inseparable from the well-being of the critical adults in their lives
- Each individual, family, culture and community holds unique Self-Reg expertise

Our Program

Whether you are new to Self-Reg or have already embarked on your Self-Reg journey, we have designed our SRSS 2020 Program to be flexible to suit your interests. Join us for:

- Inspirational keynotes and interactions with Drs. Stuart Shanker, Susan Hopkins, Jean Clinton and other Self-Reg experts from around the world
- Connecting and sharing stories with other Self-Reggers from a variety of backgrounds and contexts
- Renewing and deepening our understanding of Self-Reg theory and practice with numerous breakouts and activities to choose from
- The spark and the hope inspired by living and learning Self-Reg with a community of like-minded others
Using the 4 **Self-Reg Journeys** as a guide, create a personalized SRSS experience tailored to your needs and learning goals.

**Seeds**
The Seeds stream is the “dipping your toe in the water” starting place for Self-Reg. Seeds journeys often evolve into Sunrise journeys.  
*Look for:* our Self-Reg 101 series

**Sunrise**
The Sunrise stream is where intentional planning grows out of the grassroots dabbling into Self-Reg and its possibilities.  
*Look for:* our TED-style Self-Reg talks and breakout sessions

**Quilt**
Quilts are Self-Reg plans that bring in the core principles and practices of Self-Reg but also piece together some combination of the related health, well-being, behaviour, and learning support programs already in use.  
*Look for:* Our TED-style Self-Reg talks and facilitated small group workshop options

**Haven**
A Self-Reg Haven is a place where everyone feels safe in every way: physically, emotionally, socially, and culturally. Self-Reg is part of your foundational framework through which all else is framed.  
*Look for: New for 2020* our Self-Reg Master Classes for our Self-Reggers who have completed a Self-Reg Certificate Program with us

*Values • Inclusion • Self-Reg • Interdependent • Organic • Necessary*
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<th>Time</th>
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<tr>
<td>6:45 AM - 8:00 AM</td>
<td>Personal Self-Reg Options: Energizing, restorative and fun activities such as yoga, nature walks, art, and board games.</td>
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<tr>
<td>7:45 AM - 8:30 AM</td>
<td>Registration, Coffee &amp; Connecting</td>
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<td>Welcome with Susan Hopkins</td>
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<td>8:45 AM - 10:15 AM</td>
<td>Opening Keynote with Stuart Shanker: The Self-Reg Path: The Paradigm Revolution Has Begun!</td>
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<td>10:15 AM - 10:30 AM</td>
<td>Morning Break</td>
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<td>10:30 AM - 12:00 PM</td>
<td>Breakout Session Options (Four Options)</td>
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<td>12:00 PM - 1:15 PM</td>
<td>Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.</td>
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<td>Breakout Session Options (Four Options)</td>
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<td>Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc.</td>
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<td>7:00 PM - 9:00 PM</td>
<td>Self-Reg Nibble &amp; Natter (free)</td>
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<td>2:45 PM - 4:00 PM</td>
<td>Panel (Guests &amp; Full Circle) Moderated by Susan Hopkins. Self-Reg, Equity, Well-Being and the three A’s: Autism, ADHD, Anxiety</td>
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<td>4:00 PM - 5:30 PM</td>
<td>Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc.</td>
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<td>7:00 PM - 9:00 PM</td>
<td>Parents Evening</td>
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<td>Annual bonfire</td>
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### Wednesday, July 8

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<tr>
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<td><strong>Self-Reg 101</strong>: Self-Reg Inquiry Practice 5: Respond: Restoration and Resilience</td>
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<td><strong>Breakouts</strong></td>
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<td>1. Reframing ADHD. 2. Self-Regging an Art Experience. 3. My Self-Reg: Session B</td>
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<td><strong>Facilitated Small Group</strong> Workshop Option</td>
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<td><strong>Master Class</strong>: Reframing Lying</td>
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<td>10:15AM - 10:30AM</td>
<td>Morning Break</td>
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<td>10:30AM - 12:00PM</td>
<td>Keynote with Susan Hopkins: Equity in the Early Years: A Viable Vision</td>
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<td>Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.</td>
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<td>1:15PM - 2:30PM</td>
<td>Breakout Session Options (Four Options)</td>
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<td><strong>Self-Reg 101</strong>: Four Self-Reg School Streams: Seeds Journey</td>
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<td><strong>Breakouts</strong></td>
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<td>1. Reframing Autism. 2. Self-Regging a Yoga Experience. 3. My Self-Reg: Session C</td>
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<td><strong>Facilitated Small Group</strong> Workshop Options</td>
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<td><strong>Master Class</strong>: Reframing IQ</td>
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<td>Afternoon Break</td>
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<td>2:45PM - 4:00PM</td>
<td>Self-Reg, Equity, Well-Being: A Delegate Driven Session</td>
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<td>6:30PM - 8:00PM</td>
<td>Celebration Dinner (optional)</td>
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### Thursday, July 9

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<tr>
<td>6:45AM - 8:00AM</td>
<td>Personal Self-Reg Options: Yoga, board games, nature walks etc.</td>
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<td>7:45AM - 8:30AM</td>
<td>Coffee &amp; Connecting</td>
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<tr>
<td>8:30AM - 8:45AM</td>
<td>Welcome</td>
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<td>8:45AM - 10:15AM</td>
<td>Keynote with Jean Clinton. The Early Years Last Forever. When the Foundation is Solid, Storms may Bend but Never Crumble</td>
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<td>10:15AM - 10:30AM</td>
<td>Morning Break</td>
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<td>10:30AM - 12:00PM</td>
<td>Keynote with Stuart Shanker: No Child Left Behind</td>
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<tr>
<td>12:00PM</td>
<td>Celebration Lunch and Goodbyes</td>
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### Sessions & Activities to Attend
Monday, July 6th

After a welcome from our Executive Director, Susan Hopkins, and a keynote from none other than Dr. Stuart Shanker, enjoy the various learning options and activities throughout the day. Have a hot lunch overlooking the campus and Otonabee river and enjoy one of the many personal Self-Reg options we have arranged such as massages, nature walks, canoeing, kayaking, cycling, fort building and more.

6:45 – 8:00AM

**Personal Self-Reg Options:** Energizing, restorative and fun activities such as yoga, nature walks, art, and board games.

7:45 – 8:30AM

**Registration, Coffee & Connecting**

8:30 - 8:45AM

**Welcome with Susan Hopkins**

8:45 - 10:15AM

**The Self-Reg Path: The Paradigm Revolution Has Begun!**

*Dr. Stuart Shanker*

Stuart kicks-off SRSS will the hopeful and inspiring message that Self-Reg provides us with the long sought-for means to “close the achievement gap.” The key is not yet another method for ramping up student effort, but a revolutionary new approach based on recent advances in neuroscience, physiology, and psychology.

10:15 - 10:30AM

**Morning Break**

10:30 – 12:00PM

**Breakout Sessions:** Our breakouts offer a diverse series of workshops, TED-style talks, panel discussions, and classes tailored meet the needs of learners from different professional contexts and stages on the four Self-Reg Learning Journeys.

**Sessions Options (Four Options)**

- **Self-Reg 101: Introduction to the Self-Reg Framework:**
  Are you new to Self-Reg? Looking for a refresher? Are you an aspiring Self-Reg learning leader? The Self-Reg 101 series, offered throughout SRSS, offers a session for anyone hoping to focus on the foundations of Self-Reg. You will learn:
  
  ❖ Self-Reg is about understanding, not managing, behaviour
  ❖ Self-Reg is about the impact of stress—positive and negative—on behaviour and development across the five domains of self-regulation
  ❖ Self-Reg is about learning to distinguish between misbehaviour and stress behaviour
  ❖ Self-Reg is as much about yourself as it is the children in your care

"Through understanding, everything changes. Your perception of the child is transformed."

~ *Dr. Stuart Shanker* ~
Sunday, July 5th

10:30 – 12:00PM
Sunrise Self-Reg Talks on Well-being Stream 1, Session 1
Compelling personal Self-Reg stories on the connections between Self-Reg and well-being to spark your imagination offer new insights.

Self-Reg Talks on Equity & Inclusion Stream 2, Session 1
Self-Reg experts share inspiring personal experiences and reflections about how Self-Reg helps us support equity and inclusion, enabling us to meet the needs of all people in various settings and contexts.

Haven Master Class, Self-Reg for a Just Society with Dr. Stuart Shanker
The Radical Enlightenment, a philosophical movement of the 17th and 18th centuries, helped to shape modern democracy. Currently, democracy is under threat to reactionary forces sweeping through the West. Why? Dr. Stuart Shanker will show us that the erosion of democracy is rooted in Enlightenment's strictly Blue Brain (rational) outlook. And the Self-Reg Paradigm Revolution amounts to a "Radical (Re) Enlightenment" that will help us shape the "Just Society" we aspire to.

- The core ideas of the Radical Enlightenment
- A Blue Brain-only perspective ignores key aspects of human behaviour and decision-making
- The Triune Brain model presents a completely different perspective on why the Enlightenment dream failed, and how to re-ignite it.
- Self-Reg’s role in the Radical (Re) Enlightenment that can help us preserve and reshape a truly "Just Society"

12:00 - 1:15PM
Lunch and Personal Self-Reg Options: Massages, canoeing, kayaking, nature walks, board games, etc.

Self-Reg Talks: Engaging TED-style talks from Self-Reg Champions with a story to tell. If last year is anything to go by, you will hear incredible stories of Self-Regger's journeys from across the world. Self-Reg talks offer choice, inspiration and insight from people in all walks of life and various stages on their Self-Reg journey exploring questions like: Where do I start? How do I get buy-in from colleagues? How can Self-Reg help me improve staff well-being? Specific topics will be finalized in May.

Master Classes: New this year! SRSS Master Classes fill a new gap related to the growth of our community and their insatiable thirst for knowledge. These classes, open to anyone who has completed Self-Reg Foundations, Leadership or Early Childhood Development, will go deeper or broader into the science, theory and practice of Self-Reg. Pre-registration required: events@self-reg.ca.
Monday, July 6th

Breakout Sessions:

 Seeds  **Self-Reg Inquiry Practice 1: Reframe Behaviour**
Launch your exploration of the “how” of Self-Reg
- Reframing is a game changer that helps us see a person’s behaviour and needs differently
- Reframing how we see a child or adult (including ourselves) who is stressed helps us see a child and their needs differently
- The importance of asking Why? and Why now? when considering the behaviour, well-being, learning and stress (positive and negative) of all children, youth and adults

Sunrise  **Self-Reg Talks on Well-being Stream 1, Session 2**
A new set of engaging TED-style talks by Self-Reg experts exploring the vital connections between Self-Reg and the well-being of children and adults.

Quilt  **Self-Reg Talks on Equity & Inclusion Stream 2, Session 2**
A new set of TED-style talks about how Self-Reg can help us celebrate diversity and enhance inclusion in a variety of settings. Hear from Self-Reg experts from various disciplines and contexts.

Haven  **Master Class, School Leadership for Self-Reg Havens with Susan Hopkins**
Dr. Hopkins will outline a path and process that will help educational leaders embed Self-Reg in schools and other educational settings, including:
- The five look-fors in a Self-Reg Haven
- Examples of what the Haven Journey looks like
- The WINDOWS Model for building home-school relationships in a Haven Journey
- Practicing Self-Reg in the Haven stream
- Self-Reg Strategies for the Haven journey

Afternoon Break

"I absolutely love attending SRSS for how it pushes my thinking to a new level both professionally and personally"

~ Claudio M. ~
Monday, July 6th

Breakout Sessions:

**Seeds** Self-Reg 101: Self-Reg Inquiry Practice 2: Recognize Stress Across 5 Domains
Dive into the second Self-Reg practice, Recognize the Stressors:
- The difference between positive and negative stress
- Examples of stressors, including hidden stressors, in all five domains
- The multiplying effect of stressors across domains
- The signs that tell us when a child is overstressed

**Sunrise** Self-Reg Talks on Well-being Stream 1, Session 3
Self-Reg experts will energize and inspire your thinking with a new series of short, engaging talks which explore the connections between Self-Reg understandings and practices and the well-being of all children and adults.

**Quell** Self-Reg Talks on Equity & Inclusion Stream 2, Session 3
A new set of short, engaging talks by Self-Reg experts, who will share their experiences with Self-Reg-based practices that enhance efforts to create diverse, inclusive and equity-focused schools, institutions and communities.

**Haven** Master Class - Reframing and Moving Beyond Deterministic Thinking

"I'm determined to overthrow deterministic thinking. The reason is because deterministic thinking stops you from thinking and asking why."

~ Dr. Stuart Shanker ~

In this master class, we will discover why Dr. Shanker has such a strong conviction that we must eliminate deterministic thinking: the mindset that a child's education, potential and developmental trajectory are largely pre-determined by genetics and other factors that are beyond our control.
- Deterministic thinking: what it is, where is comes from and the problems it causes
- How deterministic thinking impairs our ability to see, or even explore the hidden reasons behind children's troubling behaviour
- Reframing and how it can help us avoid deterministic thinking
- Asking Why and Why Now: how it helps us see children and their challenges in a whole new way

Personal Self-Reg Options: Canoeing, kayaking, nature walks, board games, etc.

**Nibble & Natter**: This informal reception offers a chance to mingle and chat with new and old Self-Reg friends over light appetizers and drinks in a relaxed and friendly setting. No charge to attend. A cash bar will be available.
Tuesday, July 7th

After a good night’s sleep, dive into another great day of learning options. Tuesday marks the first day of Sunrise breakout sessions which include a reframing talk, a guided personal Self-Reg activity and a facilitated workshop session to help you with the plan of bringing Self-Reg to your context. Stuart will share with us a captivating talk on the significance of Limbic Breaking and the day will close out with a Parents Evening open to the wider Peterborough community.

6:45 – 8:00AM

**Personal Self-Reg Options:** Yoga, nature walks, kayaking, canoeing, board games, etc.

7:45 – 10:15AM

**Coffee & Connecting**

8:45 – 10:15AM

**Welcome**

**Breakout Sessions:**

**Seeds:** Self-Reg 101: Self-Reg Inquiry Practice 3: Reduce the Stress Load
Learn all about the third practice of Self-Reg: Reduce the stress:
- The impact of excess stress reduction on children’s thinking, behaviour and mood
- Individual variability in stress reactivity and vulnerability
- Reducing stress in group environments
- Reducing hidden stressors that only affect some people
- Reducing stresses that affect individuals
- The affect of our stress on the children we work with

**Sunrise Breakouts**
In this period we offer three opportunities:

1. **Reframing Anxiety:** Look at anxiety through the lens of Self-Reg and the connection between self-regulation and children’s anxiety.

2. **Self-Regging: A Nature Walk:** On the beautiful woodlands of Trent University’s Wildlife Sanctuary Nature Area

3. **My Self-Reg: Session A: Personal Self-Reg Profile Building**
With the guidance of a Self-Reg learning facilitator and TMC’s 5 Step Profile tool, this workshop will help you build a personal Self-Reg profile taking you through the 5 Steps and 5 Domains of Shanker Self-Reg®. Reframe “misbehaviour”, identify and reduce your stressors, explore your mind-body connection and identify ways to proactively tackle stress.

"Initially I came to Self-Reg to better understand my student’s behaviour and to help one in particular that was struggling, but what I found was I have gained much more insight into my own personal well-being."

~ Foundations Program Graduate ~

THE 6TH ANNUAL SRSS 2020: SELF-REG, EQUITY & WELL-BEING
Tuesday, July 7th

**Morning Break**

**Four Self-Reg School Streams: The Quilt Journey**
An in-depth exploration of the Quilt journey, where Self-Reg is infused in many aspects of your organizations’ work, that you are linking together. You will learn:

- What a Quilt classroom or school looks like
- The RADAR Planning model for a Quilt journey
- Practicing Self-Reg in the Quilt journey
- Self-Reg Strategies for the Quilt journey

**Master Class - Reframing Human Development**
Susan Hopkins will lead a deep exploration of the Self-Reg lens on human development, challenging conventional wisdom about the salient factors and experiences that affect “how children turn out.”

- Reframing attachment and the factors affecting the relationships that are so central in human development
- The reasons why the distinction between robust and fragile attachment is so important for nurturing the child's development
- The concept of Sensitive Interbraining
- Attachment is an ongoing phenomenon (related to Porges’ Social Engagement)
- Non Self-Reg Adults can be a major source of the stress that entrenches maladaptive modes of self-regulation

**What are “Limbic Brakes” and Why is this Idea so Important for Educators and Parents?**

*Dr. Stuart Shanker*

Our new Self-Reg paradigm reveals a new and better answer to an age-old question for all who care for or work with children and youth: How do I help the child who isn't living up to their potential? Dr. Shanker will show us that the answer does not lie in “trying harder” or “increased motivation.” Rather, the key is learning to recognize and release the “limbic brakes” that have been impeding students' ability to learn. You will learn about:

- The inverted v-curve in the work of Daniel Kahneman: the inescapable connection between effort, energy, tension
- The Red Brain's history of effort: the Amygdala and Hippocampus keep a careful record of aversive learning experiences
- Limbic brakes and how they impact students effort and learning
- What happens when we “push” a student to override her limbic brakes
- The keys to releasing limbic brakes
Tuesday, July 7th

Breakout Sessions:

Seeds: **Self-Reg 101: Self-Reg Inquiry Practice 4, Reflect: Enhance Stress Awareness**
Deepen your understanding of Self-Reg’s fourth practice: Reflect:
- How to recognize when we (and the children we work with) are overstressed
- States of arousal (energy and tension) and how they affect stress reactivity and behaviour
- The importance of understanding what calm feels like
- The Self-Reg meaning of safety

Sunrise: **Four Self-Reg School Streams: Sunrise Journey**
An in-depth look at the Sunrise Journey including:
- Examples of what the Sunrise Journey looks like
- Self-Reg sleuthing across the five domains
- The Calm Begets Calm Teaching Model
- Sunrise strategies and tools

Quilt: **Facilitated Small Group Workshop Options**
Focusing on small group dialogue, participants will discuss their application of Self-Reg knowledge and practices in relation to topics in education and human development related to our theme of equity and well-being.

Haven: **Master Class - Reframing Lazy**

"There is no such thing as a lazy student."

~ Dr. Stuart Shanker ~

In this session we will reframe the problems of apparent laziness and lack of motivation.
- Reframing: Misbehaviour vs. stress-behaviour
- Understanding the distinction between lazy and limbic braking
- Biases that impair our ability to understand and effectively understand and deal with what “appears” be a lack of motivation
- Dealing with the assumption that academic stress (e.g., and exam) is the same for all students, and that the bell curve is the result of intelligence and effort
- The effect of stress, not just on motivation, but on raw perception

Lunch and Personal Self-Reg Options: Massages, canoeing, kayaking, nature walks, board games, etc.
Tuesday, July 7th

Afternoon Break

Self-Reg, Equity, Wellbeing and the three A’s: Autism, ADHD, Anxiety
Panel Moderated by Susan Hopkins. Susan Hopkins and a panel of experts from our Self-Reg community will share insights and experiences in working with children with ASD, ADHD and Anxiety.

- How Self-Reg changes our thinking about equity and well-being for children with enhanced emotional, social and psychological needs
- Personal experiences and lessons learned
- Questions and discussion from participants

Personal Self-Reg Options: Canoeing, kayaking, nature walks, board games, etc.

Parents Evening: Join parents from our local community for a evening of touching, amusing and enlightening talks on Self-Reg parenting: personal stories, surprising insights and aha moments. This evening has been a big hit for the last two years!

Annual Bonfire

"Once I started wearing Self-Reg glasses, everything about the way I saw the world changed. Sometimes the lenses get foggy and need a polish, other times I forget to put them on altogether. But the days I am wearing them and they are clear, it is incredible to notice what's possible."

~ Marie E. ~
Wednesday, July 8th

We are over halfway! Continuing with another science and personal Self-Reg packed day, keep an eye out for two exciting Sunrise reframing talks on ADHD and Autism, as well as master classes diving deeper into topics to be published in Dr. Shanker’s upcoming book Reframed. Round out the evening by donning your favourite summer dress or smart-casual wear and join us for our annual Celebration Dinner in Trent’s own Champlain Great Dining Hall, across the Otonabee river.

### Personal Self-Reg Options:
Yoga, nature walks, kayaking, canoeing, board games, etc.

### Coffee & Connecting

### Welcome

### Breakout Sessions:

#### Seeds
**Self-Reg 101: Self-Reg Inquiry Practice 5, Respond: Restoration and Resilience**
Come and explore the 5th practice of Self-Reg: Reflect
- Not just coping: the importance of recovery and restoration
- The impact of energy depletion on children and adults
- Activities that reduce tension and restore energy
- Individual differences and variability in restoration

#### Sunrise Breakouts
In this period we offer three different Sunrise sessions:

1. **Reframing ADHD:** through the lens of Self-Reg and looking at the impact of excess stress on children’s attention, concentration and activity levels.

2. **Self-Regging: An Art Experience:** A calming and energizing, yet flexible, art experience guided by an arts facilitator.

3. **My Self-Reg: Session B: Student Self-Reg Profile Building Workshop**
With the guidance of a Self-Reg learning facilitator and TMC’s 5 Step Profile tool, this workshop will help you learn how to build a Self-Reg profile for students in your care. Using the 5 Steps and 5 Domains of Shanker Self-Reg®, reframe their “misbehaviour” as stress behaviour, identify and reduce their stressors, explore their mind-body connection and identify ways to proactively tackle their stress.

#### Quilt
**Facilitated Small Group Workshop Option**
Focusing on small group dialogue, participants will discuss their application of Self-Reg knowledge and practices in relation to topics in education and human development related to our theme of equity and well-being.
**Wednesday, July 8th**

**8:45 - 10:15AM**

**Master Class - Reframing Lazy**
Susan Hopkins will dive deep into the quintessentially troubling social “misbehaviour” of lying.

- The relation between lying and self-regulation
- The difference between lying and confabulation
- Why truthfulness is important for social well-being
- Adult behaviours that inadvertently encourage confabulation
- How to support and help children to be more truthful

**Morning Break**

**10:15 - 10:30AM**

**Equity in the Early Years: A Viable Vision**
*Susan Hopkins*
Susan will focus the Self-Reg lens on equity in the early years. Her vision considers all children, caregivers and educators from birth to grade 3, across various settings including childcare centers, schools, family care and homeschooling. Susan believes that we must:

- Consider the strengths, needs, and rights of every child in our community
- Value early childhood education that prioritizes quality early learning programming and pedagogy that presumes competence, is grounded in safe and caring relationships, and is embedded within engaging environments that are both calming and energizing
- Ensure universal access to resources, relationships and supports that reflect and respect the cultures, identities, and individual differences of every child
- Spread and sow the seeds for independence and interdependence
- Change trajectories as we evolve beyond the ideas of equity through the tenacious spirit of the adult caregivers determined to lay the foundation for well-being for our children in both practice and theory
- Create Self-Reg Havens of hope that move beyond deterministic thinking to see our young children and youth differently

**10:30 - 12:00PM**

**Lunch and Personal Self-Reg Options:** Massages, canoeing, kayaking, nature walks, board games, etc.
Wednesday, July 8th

Breakout Sessions:

**Seeds**

*Self-Reg 101: Four Self-Reg School Streams: Seeds Journey*

Learn all about the Seeds Journey, where Self-Reg is an area of interest to you and your organization.
- Getting started with Self-Reg learning and practice
- Examples of what a Seeds Journey looks like
- The Energy-Centred Teaching Model
- Seeds strategies and tools

**Sunrise**

*Breakouts*

In this period we offer three different Sunrise sessions:

1. **Reframing Autism:** The Self-Reg perspective on ASD including a close look at the impact of excess stress on the social/emotional development, relationships and learning of children with ASD.

2. **Self-Regging: A Yoga Experience:** A calming, yet energizing, yoga experience guided by an experienced facilitator.

3. **My Self-Reg: Session C: Group Self-Reg Profile Building Workshop**

   With the guidance of a Self-Reg learning facilitator and TMC’s 5 Step Profile tool, this workshop will help you learn how to build a Self-Reg profile for groups, e.g. classes, communities, groups of staff, etc. Using the 5 Steps and 5 Domains of Shanker Self-Reg®, reframe their “misbehaviour” as stress behaviour, identify and reduce their stressors, explore their mind-body connection and identify ways to proactively tackle their stress.

**Quilt**

*Facilitated Small Group Workshop Option*

Focusing on small group dialogue, participants will discuss their application of Self-Reg knowledge and practices in relation to topics in education and human development related to our theme of equity and well-being.

**Haven**

*Master Class - Reframing IQ*

Susan Hopkins will lead an in-depth Self-Reg exploration of intelligence and IQ testing.
- Stress and IQ
- Inherent biases in IQ testing
- Cognitive Stress: biological and emotional factors
- Why not recognizing “limbic brakes” for what they are can impair/impede learning
- How to release a student’s limbic brakes

**Afternoon Break**
Wednesday, July 8th

Self-Reg, Equity, Well-Being: A Delegate Driven Session
An interactive opportunity to raise and discuss specific issues, questions and experiences that have arisen during the course of our learning and reflection on our theme of equity and well-being.

Personal Self-Reg Options: Canoeing, kayaking, nature walks, board games, etc.

Celebration Dinner (optional)

"SRSS is an amazing, uplifting and renewing way to start your summer! The rich community experience of sharing with other Self-Reggers is one that invigorates and inspires me. The learning experiences are varied and rich. Each year I look forward to the opportunities to try new activities, go for a quiet walk, enter into deep discussions with colleagues, learning new science and become reinvigorated for sharing Self-Reg. It is a highlight of the year."

~ Karen B. ~
# Thursday, July 9th

After a long week of smiling faces, relaxing yoga, swimming and learning, Thursday celebrates and closes out an incredible week, which will inspire you both personally and professionally for years to come. But it is not over yet! Kick off the final day with an awe-inspiring keynote address from the incredible Dr. Jean Clinton and a closing keynote with Dr. Stuart Shanker on No Child Left Behind. Join us for a hot lunch alongside our TMC Team before hitting the road and enjoying the warm summer days to come with your new Self-Reg knowledge and the spark to bring Self-Reg back to support the equity and well-being of those waiting for you back home.

## 6:45 – 8:00AM

**Personal Self-Reg Options:** Yoga, nature walks, kayaking, canoeing, board games, etc.

## 7:45 – 8:30AM

**Coffee & Connecting**

## 8:30 – 8:45AM

**Welcome**

## 8:45 – 10:15AM

*The Early Years Last Forever. When the Foundation is Solid, Storms may Bend but Never Crumble*  
*Dr. Jean Clinton*

We cannot pursue the quest for equity and the well-being of individuals and communities without talking about the early years. What happens in a child's early development has downstream impacts over the entire lifespan and helps to explain issues we see later at school, during adolescence and even into the senior years. The ever-popular Jean Clinton will inspire us with her hopeful vision for Self-Reg and the Early Years, offering her wisdom on a variety of relevant topics.

- Early development is everyone's business. We must all be advocates for the early years, regardless of the age group we work with.
- At the same time, a person's trajectory is never fixed; Self-Reg can help us change a child or adult's trajectory.
- We have known much about child development for decades, now it's time to ask, "What can we do differently?" Self-Reg provides new paths that complement our existing early years knowledge and practices.
- Self-Reg offers hope and new ideas that can help all children and those who care for and teach them.

## Morning Break

"SRSS is like adults sleep-away summer camp. We return each year to renew friendships, develop new ones and dive deep into learning about Self-Reg. There are all kinds of opportunities to get outdoors and do things but since we're adult and because this is Self-Reg, we get to choose what is restorative for us. Best week of the year!"

~ Cathy L. ~

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THE 6TH ANNUAL SRSS 2020: SELF-REG, EQUITY & WELL-BEING
No Child Left Behind

Dr. Stuart Shanker

Two variables define the Victorian view of educational achievement: native intelligence and character. We will have looked at the first factor in the Tuesday lecture, and now in this lecture we look at the second. In place of the standard view that “under-performing” students are lagging because of a lack of effort, we look at the neurophysiological reasons why the exact opposite is the case: namely, that they are working far too hard. As a result of this dramatic reframing, Self-Reg then establishes guidelines for “reducing the effort” they are expending by releasing their limbic brakes and thus "potentiating the student's academic potential."

Celebration Lunch and Goodbyes

"When I look back over my life there is very little I would change. The one thing that I would change, if I could, would be to have learned about self-reg much earlier in my life (even as a child). It has made such a difference to the way I see and interact with the world."

~ Marie E. ~
Dr. Stuart Shanker, D.Phil

Founder & Chief Executive Officer, The MEHRIT Centre

Dr. Stuart Shanker (D.Phil) is a Distinguished Research Professor Emeritus of Philosophy and Psychology and the CEO of The MEHRIT Centre, Ltd.. His latest book, co-authored with Susan Hopkins is “Self-Reg Schools: A Handbook for Educators” (Pearson 2019) is a follow-up to “Calm, Alert and Learning: Classroom Strategies for Self-Regulation” (Pearson 2012). His book, Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage With Life (2016), still garners enthusiastic reviews and media attention throughout North America and has been published in the UK, the US, Poland, Germany, South Korea, The Netherlands, and the Czech Republic.

In 2012 Dr. Shanker founded The MEHRIT Centre as a Self-Reg learning and information centre. Stuart commits considerable time to bringing the research and science of Self-Reg to parents, early childhood educators, teachers, educational leaders, health practitioners and communities through his writings, presentations, online courses, webinars, social media and a blog entitled, “The Self-Reg View”.

Dr. Susan Hopkins, Ed.D.

Executive Director, The MEHRIT Centre

A passionate advocate for children, families, schools and communities, Dr. Susan Hopkins leads Dr. Stuart Shanker’s organization, The MEHRIT Centre (TMC) as Executive Director. Over the course of Susan’s career, she has worked in every area of education from the early years to post-secondary and across contexts from Italy to the Northwest Territories. Susan led the territorial implementation of the Early Development Instrument (EDI), co-authored the Government’s Early Childhood Framework and developed the NWT play and culture-based kindergarten curriculum. From that, she took leadership of the Planning, Research, and Evaluation division for the Department of Education before taking the lead at the Society of Safe and Caring Schools and Communities, Alberta. Under Susan's leadership, The MEHRIT Centre continues to develop as a highly respected, accessible, and successful centre for teaching and learning Self-Reg. Just released, co-authored with Dr Stuart Shanker is Self-Reg Schools: A Handbook for Educators (Pearson 2019).

Dr. Jean M. Clinton, BMus MD FRCP(C)

Clinical Professor McMaster University, Department of Psychiatry and Behavioural Neurosciences

Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is a Fellow of the Child Trauma Academy, as well as a Zero to Three Academy Fellow since 2013. She has been a consultant to children and youth mental health programs, child welfare, and primary care for over 30 years. Dr. Clinton was appointed as an education advisor to the Premier of Ontario and the Minister of Education 2014 - 2018.

Dr. Clinton is renowned nationally and internationally as an advocate for children’s issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children’s and youths’ needs and voices are heard and respected.