Wednesday, July 8

6:45AM - 8:00AM  Personal Self-Reg Options: Yoga, board games, nature walks etc.
7:45AM - 8:30AM  Coffee & Connecting
8:30AM - 8:45AM  Welcome
8:45AM - 10:15AM  Breakout Session Options (Four Options)
   - **Self-Reg 101:** Self-Reg Inquiry Practice 3: Reduce the Stress Load
   - **Breakouts**
     1. Reframing Anxiety
     2. Self-Regging - A Nature Walk
     3. My Self-Reg: Session A Personal Self-Reg Profile Building
     4. Four Self-Reg School Streams: The Journey Quiet

10:15AM - 10:30AM  Morning Break
10:30AM - 12:00PM  Keynote with Stuart Shanker: What are “Limbic Brakes” and Why is this Idea so Important for Educators and Parents?
12:00PM - 1:15PM  Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.
1:15PM - 2:30PM  Breakout Session Options (Four Options)
   - **Self-Reg 101:** Self-Reg Inquiry Practice 4: Reflect: Enhance Stress Awareness
   - **Breakouts**
     1. Reframing Autism
     2. Self-Regging a Yoga Experience
     3. My Self-Reg: Session B

2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Panel (Guests & Full Circle) Moderated by Susan Hopkins.

4:00PM - 5:30PM  Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc.
7:00PM - 9:00PM  DUSK
Annual bonfire

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Thursday, July 9

6:45AM - 8:00AM  Personal Self-Reg Options: Yoga, board games, nature walks etc.
7:45AM - 8:30AM  Coffee & Connecting
8:30AM - 8:45AM  Welcome
8:45AM - 10:15AM  Breakout Session Options (Four Options)
   - **Self-Reg 101:** Self-Reg Inquiry Practice 5: Respond: Restoration and Resilience
   - **Breakouts**
     1. Reframing ADHD
     2. Self-Regging an Art Experience
     3. My Self-Reg: Session B
     4. Facilitated Small Group Workshop Option
     5. Master Class: Reframing Lying

10:15AM - 10:30AM  Morning Break
10:30AM - 12:00PM  Keynote with Susan Hopkins: Equity in the Early Years: A Viable Vision
12:00PM - 1:15PM  Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc.
1:15PM - 2:30PM  Breakout Session Options (Four Options)
   - **Self-Reg 101:** Four Self-Reg School Streams: Seeds Journey
   - **Breakouts**
     1. Reframing Autism
     2. Self-Regging a Yoga Experience
     3. My Self-Reg: Session C

2:30PM - 2:45PM  Afternoon Break
2:45PM - 4:00PM  Self-Reg, Equity, Well-Being: A Delegate Driven Session
4:00PM - 5:30PM  Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc.
6:30PM - 8:00PM  Celebration Dinner (optional)