










Monday, July 6

<p>6:45AM - 8:00AM 7:45AM - 8:30AM 8:30AM - 8:45AM 8:45AM - 10:15AM 10:15AM - 10:30AM 10:30AM - 12:00PM</p>	<p>Personal Self-Reg Options: Energizing, restorative and fun activities such as yoga, nature walks, art, and board games. Registration, Coffee & Connecting Welcome with Susan Hopkins Opening Keynote with Stuart Shanker: The Self-Reg Path: The Paradigm Revolution Has Begun! Morning Break Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Introduction to the Self-Reg Framework  Self-Reg Talks on Well-Being Stream 1, Session 1  Self-Reg Talks on Equity & Inclusion Stream 2, Session 1  Master Class with Stuart Shanker- Self-Reg for a Just Society <p>12:00PM - 1:15PM 1:15PM - 2:30PM</p> <p>Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc. Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Self-Reg Inquiry Practice 1: Reframe Behaviour  Self-Reg Talks on Well-Being Stream 1, Session 2  Self-Reg Talks on Equity & Inclusion Stream 2, Session 2  Master Class: School Leadership for Self-Reg Havens with Susan Hopkins <p>2:30PM - 2:45PM 2:45PM - 4:00PM</p> <p>Afternoon Break Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Self-Reg Inquiry Practice 2: Recognize Stress across 5 Domains  Self-Reg Talks on Well-Being Stream 1, Session 3  Self-Reg Talks on Equity & Inclusion Stream 2, Session 3  Master Class: Reframing and Moving Beyond Deterministic Thinking <p>4:00PM - 5:30PM 7:00PM - 9:00PM</p> <p>Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc. Self-Reg Nibble & Natter (free)</p>
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Tuesday, July 7

<p>6:45AM - 8:00AM 7:45AM - 8:30AM 8:30AM - 8:45AM 8:45AM - 10:15AM</p>	<p>Personal Self-Reg Options: Yoga, board games, nature walks etc. Coffee & Connecting Welcome Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Self-Reg Inquiry Practice 3: Reduce the Stress Load  Breakouts <li style="padding-left: 20px;">1. Reframing Anxiety 2. Self-Regging - A Nature Walk 3. My Self-Reg: Session A: Personal Self-Reg Profile Building  Four Self-Reg School Streams: The Quilt Journey  Master Class: Reframing Human Development, Potentiating the Potential <p>10:15AM - 10:30AM 10:30AM - 12:00PM 12:00PM - 1:15PM 1:15PM - 2:30PM</p> <p>Morning Break Keynote with Stuart Shanker: What are "Limbic Brakes" and Why is this Idea so Important for Educators and Parents? Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc. Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Self-Reg Inquiry Practice 4. Reflect: Enhance Stress Awareness  Four Self-Reg School Streams: Sunrise Journey  Facilitated Small Group Workshop Options  Master Class: Reframing Lazy <p>2:30PM - 2:45PM 2:45PM - 4:00PM</p> <p>Afternoon Break Panel (Guests & Full Circle) Moderated by Susan Hopkins. Self-Reg, Equity, Well-Being and the three A's: Autism, ADHD, Anxiety</p> <p>4:00PM - 5:30PM 7:00PM - 9:00PM DUSK</p> <p>Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc. Parents Evening Annual bonfire</p>
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Wednesday, July 8

<p>6:45AM - 8:00AM 7:45AM - 8:30AM 8:30AM - 8:45AM 8:45AM - 10:15AM</p>	<p>Personal Self-Reg Options: Yoga, board games, nature walks etc. Coffee & Connecting Welcome Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Self-Reg Inquiry Practice 5: Respond: Restoration and Resilience  Breakouts <li style="padding-left: 20px;">1. Reframing ADHD. 2. Self-Regging an Art Experience. 3. My Self-Reg: Session B  Facilitated Small Group Workshop Option  Master Class: Reframing Lying <p>10:15AM - 10:30AM 10:30AM - 12:00PM 12:00PM - 1:15PM 1:15PM - 2:30PM</p> <p>Morning Break Keynote with Susan Hopkins: Equity in the Early Years: A Viable Vision Lunch and Personal Self-Reg Options: Massages, nature walks, canoeing, kayaking, board games, etc. Breakout Session Options (Four Options)</p> <ul style="list-style-type: none">  Self-Reg 101: Four Self-Reg School Streams: Seeds Journey  Breakouts <li style="padding-left: 20px;">1. Reframing Autism. 2. Self-Regging a Yoga Experience. 3. My Self-Reg: Session C  Facilitated Small Group Workshop Options  Master Class: Reframing IQ <p>2:30PM - 2:45PM 2:45PM - 4:00PM 4:00PM - 5:30PM 6:30PM - 8:00PM</p> <p>Afternoon Break Self-Reg, Equity, Well-Being: A Delegate Driven Session Personal Self-Reg Options: Canoeing, kayaking, bike rides, nature walks, board games, etc. Celebration Dinner (optional)</p>
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Thursday, July 9

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

SEEDS



SUNRISE



QUILT



HAVEN

