The MEHRIT Centre

JULY 1 – 31, 2020

SELF-REG SUMMER SYMPOSIUM 2020

ONLINE

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 to live and learn Self-Reg together! Usually held at Trent University in Peterborough, Ontario, we have now moved our symposium online for the month of July in an effort to care for the health and well-being of our attendees and team.

Self-Reg offers incredible insight not only to the current times we face together, but also in our daily lives both personally and professionally. Our theme for this symposium, Self-Reg, Equity and Well-Being, is as important now as it has ever been. Self-Reg is vital for today’s children, communities and schools.

Here at The MEHRIT Centre (TMC) 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

We may not be able to hop in a canoe together on the Otonabee River this year, but grab your notebooks, stories, yoga mats and sunglasses (Yes! You will still get that classic SRSS experience) 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.

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 and your busy schedule.

Join us for:

- Live inspirational keynotes and interactions with Drs. Stuart Shanker, Susan Hopkins, Jean Clinton and other Self-Reg experts from around the world.
- Renewing and deepening our understanding of Self-Reg theory and practice with numerous breakouts and activities to choose from and dynamic registration options to open up an SRSS experience for every budget.
- New content daily and weekly facilitated discussions throughout July for you to access whenever it’s convenient for you. All content will be available for viewing until the end of August 2020!
- 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**

---

THE 6TH ANNUAL ONLINE SRSS 2020: SELF-REG, EQUITY & WELL-BEING
## Self-Reg, Equity & Well-Being

### July 2020

**Self-Reg 101**
- Introduction to the Self-Reg Framework
- Self-Reg Talks
- Well-Being #1
  - Equity & Inclusion #1
- Master Class
  - Reframing Development

**Self-Reg Schools**
- Seeds Journey
- Gold Self-Reg, Equity & Well-Being Interactive Session
- My Self-Reg Profile
  - Building A
  - For Yourself
- Connection Corner #3

**Self-Reg Talks**
- The Self-Reg Path
- Self-Reg Talks
- Well-Being #2
  - Equity & Inclusion #2
- Parent Night (FREE)
  - Stories from Parents Around the Globe

**Master Class**
- Framing Rationality

### July 2020

**Self-Reg 101**
- Practice 1: Reframe the Behaviour
- Self-Reg Talks
- Well-Being #3
  - Equity & Inclusion #3
- Parent Night (FREE)
  - Stories from Parents Around the Globe

**Master Class**
- Framing Rationality

**Self-Reg 101**
- Practice 2: Recognize the Stressors
- Self-Reg Talks
- Well-Being #4
  - Equity & Inclusion #4
- Parent Night (FREE)
  - Stories from Parents Around the Globe

**Master Class**
- Framing Rationality

**Self-Reg 101**
- Practice 3: Reduce the Stress Load
- Self-Reg Talks
- Well-Being #5
  - Equity & Inclusion #5
- Parent Night (FREE)
  - Stories from Parents Around the Globe

**Master Class**
- Framing Rationality

**Self-Reg 101**
- Practice 4: Reflect: Enhance Stress Awareness
- Self-Reg Talks
- Well-Being #6
  - Equity & Inclusion #6
- Parent Night (FREE)
  - Stories from Parents Around the Globe

**Master Class**
- Framing Rationality

**Self-Reg 101**
- Practice 5: Respond: Restoration & Resilience
- Self-Reg Talks
- Well-Being #7
  - Equity & Inclusion #7
- Parent Night (FREE)
  - Stories from Parents Around the Globe

**Master Class**
- Framing Rationality

**Green Text** = Live  **Blue Text** = Pre-Recorded

---

**Take part online whenever is convenient for you until the end of August, with new content every day in July!**

All live Keynotes and Panels will be recorded and made available for anytime viewing.
**SRSS 2020 TICKET PRICING**

**GOLD $895**

- All Silver & Bronze content, plus...
- One on One Self-Reg Mentoring
- Exclusive Interactive SRSS Sessions and Content
- Priority Access to SRSS Master Classes
- Personalized Virtual Welcome Bag
- 10% off SRSS 2021

*Available until June 22nd, 2020*

**SILVER $595**

- All Bronze content, plus...
  - Access to Live Keynotes and Talks
  - Seed, Sunrise, Quilt & Haven Breakouts, Including Talks on Anxiety, Autism and ADHD
  - Master Classes & Small-Group Sessions
  - Online Self-Reg Activities (e.g. yoga, art, etc.)
  - Certificate of Attendance

**BRONZE $295**

- All Keynotes by Drs Shanker, Hopkins & Clinton
  
  *Recorded Keynotes Released on Fridays*
- Self-Reg 101 Sessions
- Parents Evening Content
Throughout this program you will see some of our favourite pictures from SRSS over the years. We may not be able to meet you on the ground in Peterborough, but we are still planning to bring you the same SRSS experience you have come to love over the past 6 years, full of Self-Reg activities and personalized learning options. SRSS is as much about living Self-Reg as learning.

Like our Self-Reg certificate courses, SRSS 2020 will be hosted through our online eSchool, accessible from anywhere in the world with a stable internet connection.

New Self-Reg content and activities will be available every day throughout July, as well as weekly facilitated discussions through our Connection Corner discussion area.

You will have access to all of the great SRSS content until **August 31st, 2020** to watch (or rewatch!) at your leisure.

**Live Content**

- **Gold** and **Silver** Registrants will have access to a number of Live sessions hosted through the video conferencing platform **Zoom**.

  - All live Keynotes and Panel sessions will be recorded and made available for anytime viewing 48hrs later.

  - Keynotes, Master Classes, Panels, Small Groups, Interactive Sessions and some activities will be hosted live!

**Recorded Content**

- In addition to our live content, a number of our sessions will be recorded ahead of time: Our Opening Keynote on Canada Day (July 1st), Self-Reg 101 Series, Self-Reg Talks, Profile Building Sessions, Sunrise Breakouts and Self-Reg Journey Sessions.

  - Log in to our eSchool anytime before August 31st to catch all of SRSS's great content! No need to pick between sessions! You’re welcome to attend them all with **Gold** or **Silver** Registration.

  - Enjoy sessions and activities outdoors, with breakfast, or once the kids go to bed, whenever you’re free we’re ready for you!
SRSS ONLINE: RECOMMENDED TECHNICAL REQUIREMENTS

- A high-speed internet connection
- A laptop or desktop computer with speakers - Content is accessible for most tablets and smartphones, though not preferred
- Google Chrome or Safari preferred browsers
Whether you are joining us from home in your PJs, from your bustling office, or from a patio in the sun, WELCOME to SRSS 2020! We are thrilled to have you joining us for this month of living and learning Self-Reg. Take this week to settle in and get comfortable with our online platform. Mosey around each section, say hello to your fellow attendees, share a bit about you and where you are from and watch TMC’s very own Susan Hopkins’ opening keynote.

**Live Sessions**
- Gold & Silver registrants are welcome to join these sessions live! Keynotes and Panel sessions will be recorded for anytime viewing 48 hours after the live session.

**Anytime Sessions**
- These sessions are pre-recorded so you can access them anytime after 12am EDT the day they are scheduled.

---

**WEDNESDAY, JULY 1**

**Welcome to SRSS from The TMC Team! 🌈🌈🌈**

**KEYNOTE: Zoom, Yoga Pants & Patchy WiFi: Reframing Our Upside-Down World** 🌈🌈🌈
Susan Hopkins will kick off our virtual symposium with an uplifting and energizing keynote that will focus on our somewhat upside-down world that we are navigating together. The pandemic has impacted so many aspects of the ways we live and work in our changed and increasingly virtual world. Susan will bring the calming Self-Reg lens to all of this and give us our first taste of how “Virtual SRSS” will provide the same energizing and affirming feelings of connectedness and wonder, not to mention the repeated aha moments, as our past summer symposia.

---

**THURSDAY, JULY 2**

**CONNECTION CORNER #1 🌈🌈**

**Connection Corners:** New for SRSS Online! Each week we will host 2 online, text-based discussions for you to reflect on your SRSS Self-Reg journey and connect with your SRSS peers. These discussions will be facilitated by our Self-Reg eSchool Course Facilitators and are open for all Gold and Silver registrants to take part.

---

**FRIDAY, JULY 3**

**CONNECTION CORNER #2 🌈🌈**
Embarking on our first full week together at SRSS, we dive straight in with our TED-style Self-Reg Talks on Equity & Inclusion and Well-Being from Self-Reggers around the globe. Join Stuart for his first Keynote of the symposium live on how the Self-Reg paradigm revolution has begun! For all registrants, whether Bronze, Silver or Gold, check out our first Self-Reg 101 sessions introducing The Shanker Method® and Practice 1: Reframing. For our seasoned Self-Reggers catch our Master Classes diving deeper into topics published in Dr. Shanker’s new book REFRAMED. And don’t forget our Self-Reg activities and much much more!

**Self-Reg 101: Introduction to the Self-Reg Framework** with Dr. Susan Hopkins

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

**Master Class: Reframing Development** with Dr. Susan Hopkins | 11:00AM EDT

In our first Master Class of SRSS2020, Susan Hopkins will dive deep into a whole new way of seeing human development, based on the science and theory of Self-Reg. Rooted in the Reframing Development chapter from Dr. Shanker’s new book, REFRAMED, Susan will transform your thinking and spark your curiosity as she reframes key aspects of child, adolescent and adult development.

- Developmental Determinism
- More on the crucial difference between self-control and self-regulation
- Temperament, including the key role of vagal tone
- The Self-Reg view of attachment
- Personality: a new perspective

**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. Based on Dr. Shanker’s new book REFRAMED, these classes are open to any Gold and Silver registrants who have completed our Self-Reg Foundations, Leadership or Early Childhood Development certificate programs, and will go deeper into the science, theory and practice of Self-Reg. Pre-registration required: events@self-reg.ca.
Self-Reg Talks on Well-Being Stream 1, Session 1 with Brenda Smith
Compelling personal Self-Reg stories on the connections between Self-Reg and Well-Being to spark your imagination and offer new insights.

Self-Reg Talks on Equity & Inclusion Stream 2, Session 1 with Marie Edwards
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.

Zumba Class
Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT. This is a limited pre-recorded session available for a five hour window. Have fun dancing and invite your family to join in with you!

Four Self-Reg School Streams: Seeds Journey with TBC
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

Self-Reg, Equity & Well-Being: A Delegate Driven Session 11:00AM EDT
Gold Self-Reg, Equity & Well-Being: A Delegate Driven Session: Molded by the meeting of great minds, these live unconference-style sessions are an interactive opportunity to raise and discuss your burning Self-Reg questions, “ah ha's and experiences that have arisen throughout your SRSS learning journey on our themes of Self-Reg, Equity & Well-Being. Attendees will submit their top 3 questions or topics of interest ahead of each session. Our TMC team will identify the most common areas of interest to be presented for unscripted live group dialogue.
**TUESDAY, JULY 7**

**My Self-Reg Personal Profile Building: Session A - For Yourself**

*with TBC*

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.

**CONNECTION CORNER #3**

**WEDNESDAY, JULY 8**

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

*with Dr. Stuart Shanker | 11:00AM EDT*

Stuart kicks-off his SRSS keynotes with 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.

**Self-Reg Talks on Well-Being Stream 1, Session 2**

*with Brenda Smith*

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.

**Self-Reg Talks on Equity & Inclusion Stream 2, Session 2**

*with Marie Edwards*

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.

**Parent Session (Open to the Public, Free Session) Stories from Parents Around the Globe**

*with Susan Hopkins + Parent Presenters TBC*

**Yoga Class (1 hour long)**

Enjoy a 1 hour yoga session. This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, feel free to participate as you can!

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

~ Dr. Stuart Shanker ~
Master Class: Reframing Rationality
with Dr. Susan Shanker | 11:00AM EDT
Based on the chapter Age of Reason from REFRAMED, Susan will lead a thought-provoking Self-Reg exploration of rationality, a concept that is so central in our view of society and human behaviour.

- The roots of our ideas of rationality
- How the limbic system impacts our reasoning
- Nurturing rationality: what really matters
- How parents and teachers try to instill self-control and rationality
- Limbic brakes: how excess stress affects thinking and rationality
- Misbehaviour, stress behaviour, confabulation and lying

Self-Reg 101 Inquiry Practice 1: Reframe the Behaviour
with Dr. Susan Hopkins
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 v 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

Self-Reg Talks on Well-Being Stream 1, Session 3
with Brenda Smith
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

Self-Reg Talks on Equity & Inclusion Stream 2, Session 3
with Marie Edwards
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

CONNECTION CORNER #4

Zumba Class
Enjoy a 1 hour zumba class anytime between 5:00PM - 10:00PM EDT.
After a good weekend’s rest, jump straight into SRSS Week 3 focusing on a number of Sunrise breakout sessions, including a unique look at the Sunrise Self-Reg Journey from the Self-Reg Schools: A Handbook for Educators. Tackle the importance of Limbic Breaks with Dr. Shanker in Wednesday’s keynote. And remember to hop on a zumba class or join in with any of our other Self-Reg activities with the whole family!

### MONDAY, JULY 13

**Self-Reg 101: Self-Reg Inquiry Practice 2: Recognize Stress Across 5 Domains**

with Dr. Susan Hopkins

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

**Master Class: The Joy and Pain of Maths: Reframing Math Anxiety**

with Dr. Susan Hopkins | 11:00AM EDT

Join Susan Hopkins as she pulls back the curtain on the real reasons that so many of today’s students are struggling with math. Based on content from Stuart Shanker’s new book REFRAMED.

- The problem with a self-control approach to improving math learning
- High Math Anxiety: what it is, what causes it and how it affects student’s concentration and effort
- The stress storm around math education
- Why math is a cognitive stress and the importance of reducing cognitive stress
- Math and limbic brakes
- The Self-Reg approach to math anxiety: transforming negative stress into positive stress

**Zumba Class**

Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT.

---

THE 6TH ANNUAL ONLINE SRSS 2020: SELF-REG, EQUITY & WELL-BEING
"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 ~
KEYNOTE: What are “Limbic Brakes” and Why is this Idea so Important for Educators and Parents?

with Dr. Stuart Shanker | 10:00AM EDT

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

Facilitated Small Groups Welcome | 1:00PM EDT

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.

Yoga Class (1 hour long) |

Enjoy a 1 hour yoga session. This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, feel free to participate as you can!
**THURSDAY, JULY 16**

**Seeds**

**Self-Reg 101 Self-Reg Inquiry Practice 3: Reduce the Stress Load**

with Dr. Susan Hopkins

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

**Haven**

**Master Class - Reframing IQ**

with Brenda Smith-Chant | 11:00AM EDT

In this master class session, we will explore in-depth intelligence and IQ testing.

- Stress and IQ vInherent 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

**FRIDAY, JULY 17**

**Sunrise**

**Reframing Anxiety**

with TBC

Look at anxiety through the lens of Self-Reg and the connection between self-regulation and children's anxiety.

**SRSS Full Circle Panel**

Moderated by Liz Shepherd, Panel includes Susan Hopkins + Special Guests

1:00PM EDT

Join us this Friday for a live panel discussion with a number of experienced, expert Self-Reggers (including some surprise guests!) who will review and reflect on the week's proceedings, key concepts and implications. Live participants will have the opportunity to submit questions to clarify important ideas and share lessons learned.

**CONNECTION CORNER #6**

**Zumba Class (1 hour long)**

Enjoy a 1 hour zumba class anytime between 5:00PM - 10:00PM EDT.

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

~ Dr. Stuart Shanker ~
We are over halfway! Continuing with another science and personal Self-Reg packed week, join us for our Sunrise Reframing ADHD talk and a special keynote from the ever popular Jean Clinton. Keep an eye out for Stuart himself who will be hosting a live and interactive Master Class on Self-Reg for a Just Society.

**MONDAY, JULY 20**

**Self-Reg 101 Self-Reg Inquiry Practice 4, Reflect: Enhance Stress Awareness**

With Dr. Susan Hopkins

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

**Master Class Creating a Just Society**

with Dr. Stuart Shanker | 11:00AM EDT

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”

**Zumba Class (1 hour long)**

Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT.
### TUESDAY, JULY 21

**Self-Reg Schools Quilt Journey**

with Kim Smith

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

**Self-Reg, Equity & Well-Being: A Delegate Driven Session**

11:00AM EDT

**My Self-Reg Personal Profile Building: Session C - For Groups**

with TBC

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.

### CONNECTION CORNER #7

### WEDNESDAY, JULY 22

**KEYNOTE: The Early Years Last Forever**

with Dr. Jean Clinton | 10:00AM EDT

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
Facilitated Small Groups 1:00PM EDT
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.

Yoga Class (1 hour long)
Enjoy a 1 hour yoga session. This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, feel free to participate as you can!

Self-Reg 101 Practice 5: Respond: Restoration & Resilience with Dr. Susan Hopkins
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

Master Class Reframing Anxiety with TBC | 11:00AM EDT
Diving deeper into the Self-Reg theory and neuroscience for our seasoned Self-Reg learners, this master level session expands on and goes beyond concepts introduced on July 17th’s introductory session on the Self-Reg view of Anxiety. Full talk description coming soon.
Reframing ADHD with TBC
Through the lens of Self-Reg and looking at the impact of excess stress on children’s attention, concentration and activity levels.

SRSS Full Circle Panel
Moderated by Liz Shepherd, Panel includes Susan Hopkins + Special Guests
1:00PM EDT
Join us this Friday for a live panel discussion with a number of experienced, expert Self-Reggers (including some surprise guests!) who will review and reflect on the week’s proceedings, key concepts and implications. Live participants will have the opportunity to submit questions to clarify important ideas and share lessons learned.

CONNECTION CORNER #8

Zumba Class
Enjoy a 1 hour zumba class anytime between 5:00PM - 10:00PM EDT.

"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. ~

THE 6TH ANNUAL ONLINE SRSS 2020: SELF-REG, EQUITY & WELL-BEING
After a long month of smiling faces, relaxing yoga, invigorating keynotes and Self-Reg learning, this week celebrates the close of our incredible and unique online SRSS experience, which will inspire you both personally and professionally for years to come. But it is not over yet! Kick off the week with our much anticipated Reframing Autism sunrise breakout session. Catch our Self-Reg Haven breakout and enjoy our closing keynote from Dr. Shanker on why we truly believe in No Child Left Behind.

<table>
<thead>
<tr>
<th>MONDAY, JULY 27</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunrise</strong></td>
</tr>
<tr>
<td><strong>Reframing Autism</strong> with TBC</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Zumba Class</strong></td>
</tr>
<tr>
<td>Enjoy a 1 hour zumba class anytime between 9:00AM - 2:00PM EDT.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY, JULY 28</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Self-Reg Schools Haven Journey</strong> with TBC</td>
</tr>
<tr>
<td>In this session we will outline a path and process that will help educational leaders embed Self-Reg in schools and other educational settings, including:</td>
</tr>
<tr>
<td>• The five look-fors in a Self-Reg Haven</td>
</tr>
<tr>
<td>• Examples of what the Haven Journey looks like</td>
</tr>
<tr>
<td>• The WINDOWS Model for building home-school relationships in a Haven Journey</td>
</tr>
<tr>
<td>• Practicing Self-Reg in the Haven stream</td>
</tr>
<tr>
<td>• Self-Reg Strategies for the Haven journey</td>
</tr>
<tr>
<td><strong>Self-Reg, Equity &amp; Well-Being: A Delegate Driven Session</strong></td>
</tr>
<tr>
<td>11:00AM EDT</td>
</tr>
</tbody>
</table>

"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, learn new science and become reinvigorated for sharing Self-Reg. It is a highlight of the year."

~ Karen B. ~

THE 6TH ANNUAL ONLINE SRSS 2020: SELF-REG, EQUITY & WELL-BEING
KEYNOTE: No Child Left Behind
with Stuart Shanker | 10:00AM EDT
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."

Facilitated Small Groups | 1:00PM EDT
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.

Yoga Class (1 hour long) | 1:00PM EDT
Enjoy a 1 hour yoga session. This session is pre-recorded, so feel free to log in and view it whenever it is convenient for you! If you prefer to do yoga in the morning, you can check it out before breakfast. Perhaps you like to get a yoga session in after the kids are asleep before you go to bed. Whatever your preference is, please feel free to participate as you can!

CONNECTION CORNER #10

SRSS Closing Panel
Moderated by Liz Shepherd, Panel includes Susan Hopkins + Special Guests 1:00PM EDT
Join us for a live panel discussion, full circling our SRSS experience together with a number of experienced, expert Self-Reggers (including some surprise guests!) who will review and reflect on our SRSS learning Journey over the last month. Live participants will have the opportunity to submit questions to clarify important ideas and share lessons learned.

Thank You & Goodbye from the TMC Team

"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. ~
**BIOGRAPHIES**

**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, *Self-Reg Schools: A Handbook for Educators*, co-authored with Susan Hopkins is a follow-up to *Calm, Alert and Learning: Classroom Strategies for Self-Regulation*. 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 University, 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 The Hospital for Sick Children. 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.
Liz Shepherd  
*Director, Operations at The MEHRIT Centre*

Prior to completing her MSc in Psychology at Trent University, Liz was deeply involved in voluntary work both in the USA and the UK. Her voluntary experience has ranged from working at animal shelters to acquiring resources and funds to support local youth. Her passion for volunteering, helping and understanding others led her to pursue a career in psychology and makes her a natural Self-Regger. Now on her 5th year with The MEHRIT Centre, Liz has been lucky enough to have dipped her toes into all aspects of Self-Reg as well as the how tos of helping run a business.