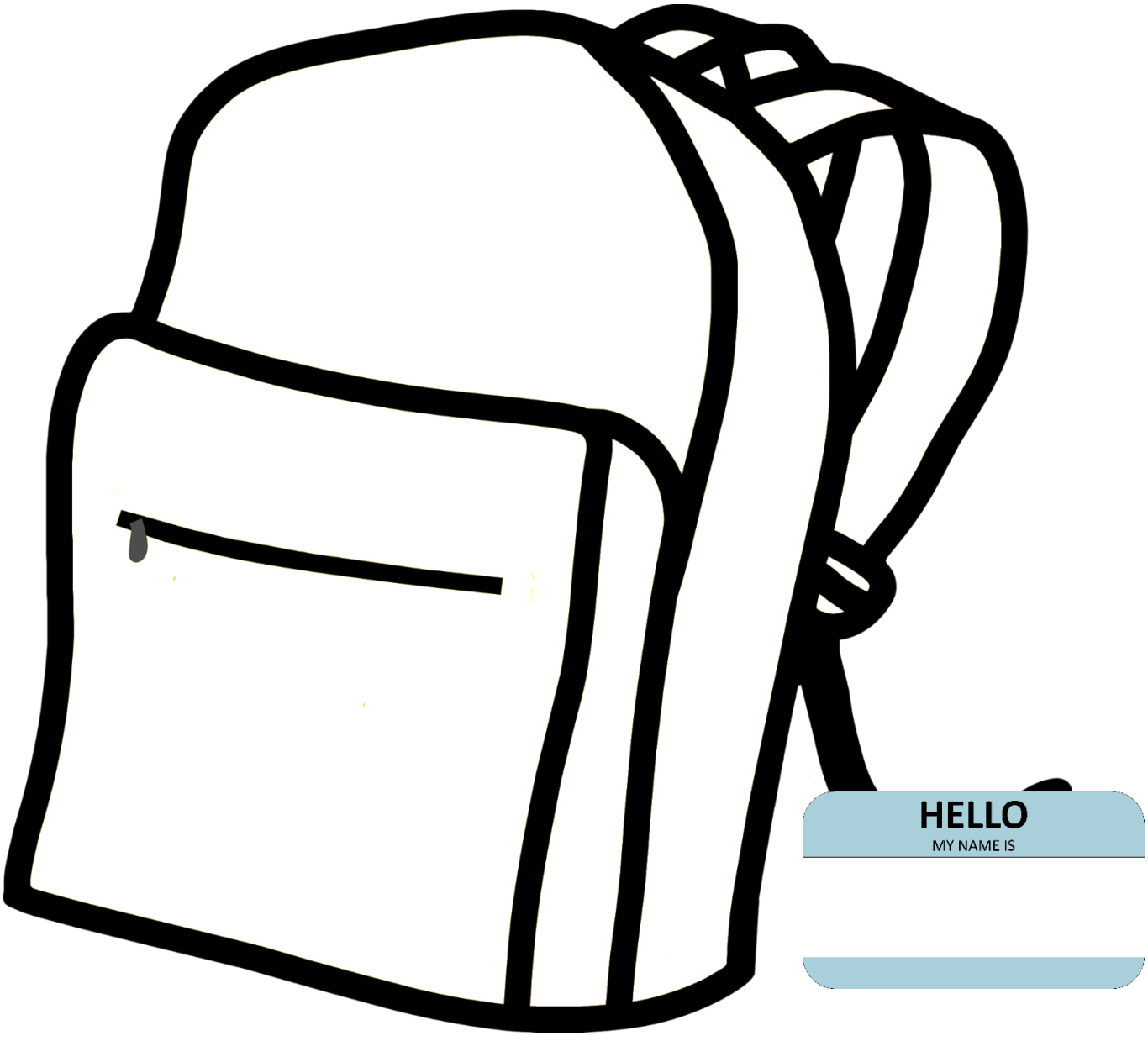
TRENTON MFRC

Self-Reg Workbook

YOUR CHILD'S STRESS BACKPACK

What are some of the stressors in your child's backpack? Thinking of one of your children, fill in the backpack with some of their stressors. No need to worry about which domain.

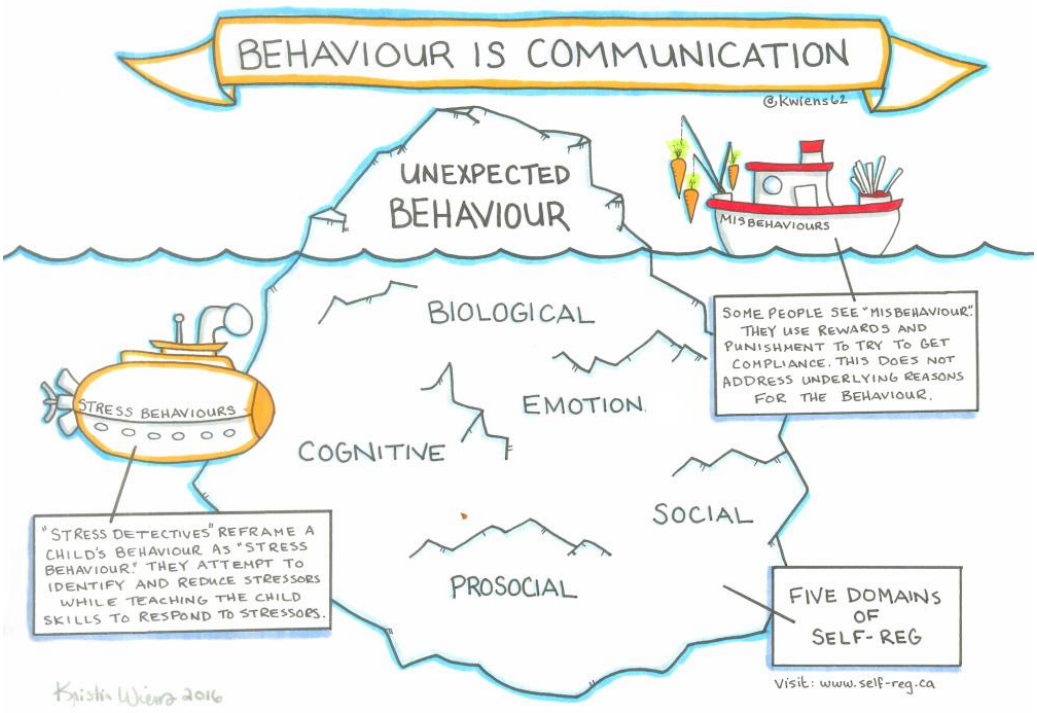


Sensory Stressors | Social Anxiety | Maladaptive Coping Strategies | Lack of or Poor-Quality Sleep | Lack of Exercise | Super-Stimulants | Video Game Overuse | Social Media

Moving/ Relocating Stress | Lack of Community | Loneliness/ Missing Parent(s) | Family Stress

ON THE SURFACE BEHAVIOURS

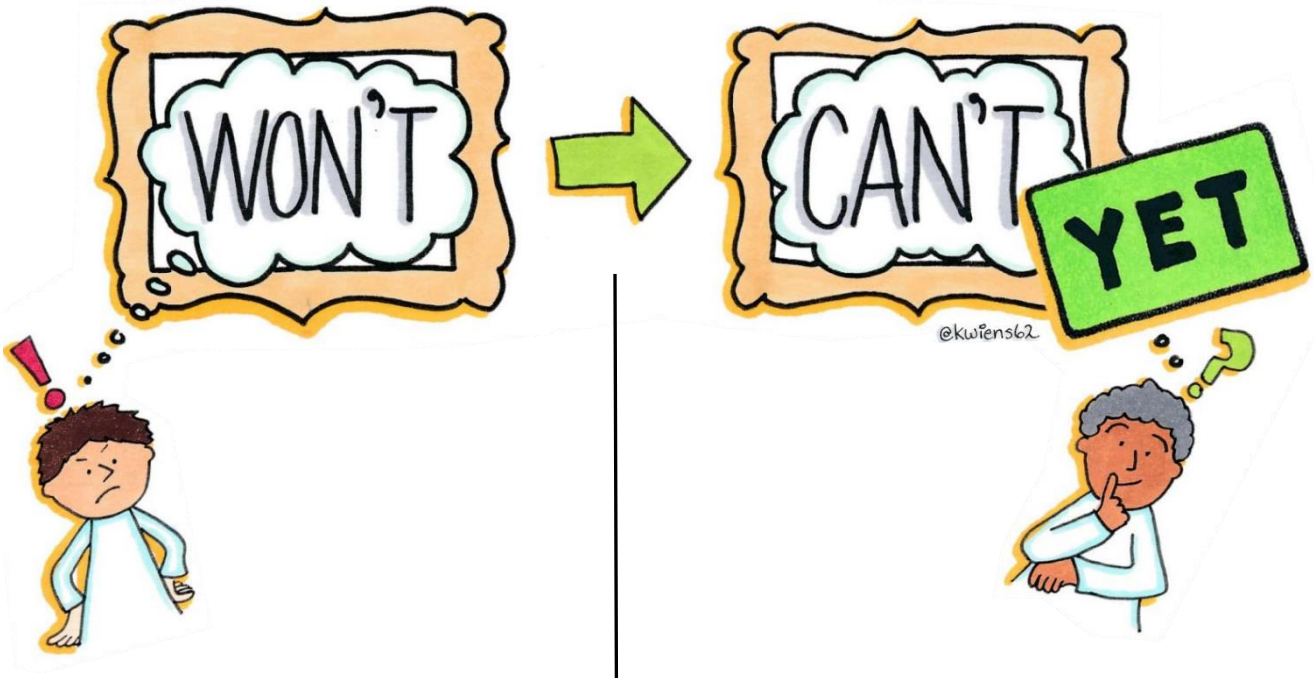
What are some of your child's on the surface behaviours?



MOVING FROM WON'T TO CAN'T (RIGHT NOW)

Look back at the tools "Your Child's Stress Backpack" and "On The Surface Behaviours". Pick one behaviour identified in either of these tools and reframe that behaviour from "Won't" to "Can't Yet".

BEHAVIOUR TO REFRAME



TELL THE STORY OF A CHILD THROUGH THE LENS OF THE FIVE DOMAINS

The purpose of this tool is to think about a child in relation to each of the five Domains: Biological, Emotion, Cognitive, Social and Prosocial. What have you noticed?

There are different ways to approach this task. You may choose, for example, to write down a few words in each of the five Domains. Or perhaps, tell a story, make a statement, or consider each more fully in terms of strengths, challenges, stressors and strategies.

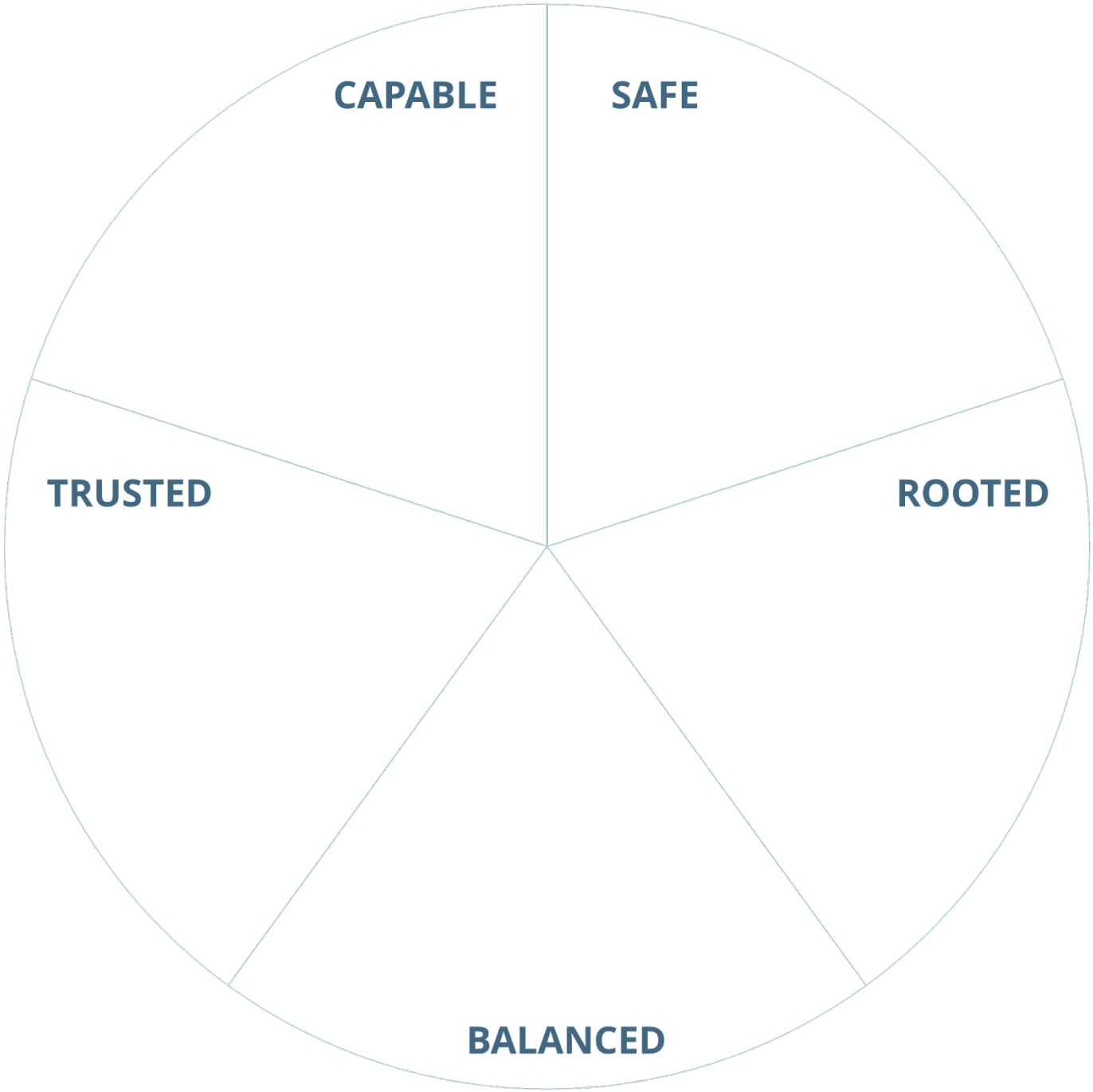
BIOLOGICAL
EMOTION
COGNITIVE
SOCIAL
PROSOCIAL

FINDING AND LENDING CALM REFLECTION

CALM ⟺	LENDING MY CALM
NOT CALM ⟺	**FINDING MY CALM**

THE FIVE LOOK FOR'S

Below are the 5 Look For's in a Self-Reg Haven; Safe, Rooted, Balanced, Trusted and Capable. Reflect on what each of the 5 Look For's **LOOK LIKE**, **SOUND LIKE** and **FEEL LIKE** in the spaces below.



LOOKS LIKE... SOUNDS LIKE... FEELS LIKE...

SELF-REG 5 PRACTICE PROFILE

PRACTICE 1 – Read and Reframe Behaviour

- List some behaviours or choices that you or another have made in the past that may have been viewed as "misbehaviour"
- For each of those behaviours, reframe them. "*I think this was/is stress behaviour and here is how I know…*"

"MISBEHAVIOUR" ⇨	REFRAME *"I think this was/is stress behaviour and here is how I know…"*

PRACTICE 2 – Recognize the Stressors

- Start a list of stressors that you know impact you personally. Look at stressors across the 5 Domains. What about hidden stressors?
- Don't worry too much about getting the stressor in the right domain

BIOLOGICAL
EMOTION
COGNITIVE
SOCIAL
PROSOCIAL

**Need ideas? You can find examples in this tool here.*

PRACTICE 3 – Reduce the Stress/Lighten the Stress Load

- Take the stressors you identified in Practice 2 and begin reflecting on ways you could reduce them

Stressor:

How I can ***Reduce*** it:

Stressor:

How I can ***Reduce*** it:

Stressor:

How I can ***Reduce*** it:

Stressor:

How I can ***Reduce*** it:

Stressor:

How I can ***Reduce*** it:

Stressor:

How I can ***Reduce*** it:

PRACTICE 4 – Reflect: Enhance Stress Awareness

- Listening to our bodies is a critical step in understanding our stress. Our bodies can tell us whether we are calm or not. We need to recognize these feelings.
    - List some of the embodied sensations that you experience when calm, focused and alert.
    - List some of embodied signs that you are not calm, focused and alert.

When I am ***calm*** I feel…	When I am ***not*** calm I feel…

PRACTICE 5 – Restore: Develop Personal Strategies for Restoring Energy and Reducing Tension

- Create a list of strategies or activities that help you reduce tension and increase your energy
    - This differs from Practice 3, as these are not 'in the moment' ways to reduce stress, but rather are to provide yourself with energy and reduce your tension to bring about a state of calm and better tackle those unknown stressors that may be on the horizon.
- How do these relate to the stressors you identified in Practice 2?

How do you reduce tension and increase your energy?

SELF-REG FOUNDATIONS CERTIFICATE PROGRAM

A Level 1 Certificate Program Register Here

The Self-Reg Foundations Certificate Program our flagship Self-Reg program, has been a game-changer for thousands of learners, bringing them to an entirely new understanding of what makes people tick. In this four-course, online program, Stuart Shanker and Susan Hopkins take you deep into the science of self-regulation and stress including:

- how the brain/body stress system works
- how stress affects children's behaviour and moods
- the difference between misbehaviour and stress behaviour
- the importance of relationships in self-regulation and learning

Start this course March 3, 2022, May 5, 2022 or July 7, 2022 – Register Here

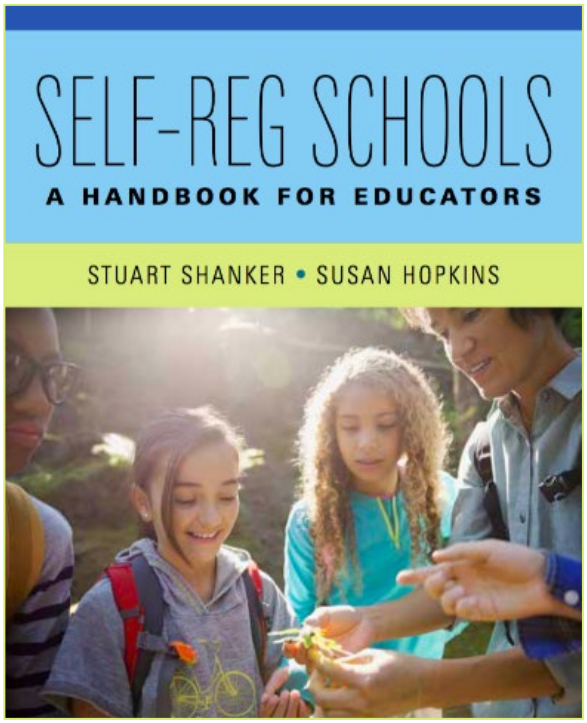
SELF-REG IN EARLY CHILDHOOD PROGRAM

A Level 1 Certificate Program Register Here

Dr. Stuart Shanker says ECEs (early childhood educators) have the most important job in the world. Therefore, one of the best ways to invest in our children's future is to invest in our ECEs. The Self-Reg in Early Childhood Development Program is a great way to do just that.

Our 3-course online program explores child development from birth to age 10. It gives learners a new and more complete understanding of the factors that affect early development, by looking at development and learning through the lens of Self-Reg. Self-Reg is Dr. Stuart Shanker's framework for understanding stress and managing energy and tension, in order to support self-regulation.

Start this course April 7th, 2022 or June 30th, 2022 - Register Here



SELF-REG SCHOOLS: A HANDBOOK FOR EDUCATORS

By Stuart Shanker & Susan Hopkins | 2019

Educators across Canada and around the world have embraced the science and theory of Shanker Self-Reg.® Now Self-Reg Schools: A Handbook for Educators answers the all-important question: How?

How do I incorporate the science and theory of Self-Reg into classroom practices and a process of ongoing learning that will help not only my students, but myself as a teacher? For Self-Reg is truly a process rather than a packaged program. Self-Reg Schools: A Handbook for Educators provides clear, yet flexible answers on how to start and maintain your Self-Reg journey.

LEADERSHIP FOR SELF-REG SCHOOLS

A Self-Reg Level 1 Certificate Program - Register Here

Every educational leader has always had the same goal: a school in which everyone flourishes – not just academically, but socially, psychologically and morally. It's the HOW that has always proved challenging, and now more so than ever. School leaders today are confronted with behavioural, emotional, and cognitive challenges far in excess of what their predecessors had to contend with. It is the HOW that requires, not just inspirational rhetoric and fortitude, but a deep understanding of why these problems are occurring and how they can be met and mastered.

This 12-module program has been developed specifically for school leaders: with the knowledge and guidelines needed for their school to become a centre of deep learning, in all its many facets.

Start this course January 27th, 2022, or May 12th, 2022 - Register Here

SELF-REG LEARNING FACILITATOR'S PROGRAM

A Level 2 Certificate Program – Register Here

For those looking to dive deeper in their Shanker Self-Reg® learning and be equipped with the tools to bring Self-Reg to those in their community and care, the Self-Reg Facilitator's Program is a fantastic next step. Anyone who has completed the Self-Reg Foundations, Early Childhood Development and/or Leadership Certificate Program and is interested in taking their Self-Reg expertise to the next level may apply. The demand for Shanker Self-Reg® learning informed by The MEHRIT Centre is growing. Reg journey.

To meet the demand and our mission of grounding living and learning in self-regulation we are offering this program so that champions in Shanker Self-Reg® knowledge translation* will be widely available. Through this program:

- Further ground your understandings of the Shanker Self-Reg® science and research foundations of The Shanker Method®.
- Develop expertise in the Self-Reg Framework and application of the Shanker Method®.
- Apply the Shanker Method® to case studies across a range of contexts.
- Research, plan, develop, deliver*, assess and evaluate Self-Reg workshops.
- Earn a Self-Reg Learning Facilitator Certificate.
- Be eligible to apply for presenter and facilitator positions available with TMC - *Canada only

Start this course Feb 3, 2022, or June 23, 2022 – Register Here

TRENTON MILITARY FAMILY RESOURCE CENTRE

REFRAMED: MASTERS IN SELF-REG REFRAMING

A Self-Reg Level 2 Certificate Program - Register Here

Based on the concepts explored in Dr. Stuart Shankers' latest book, REFRAMED: Self-Reg for a Just Society, our REFRAMED program offers the ultimate exploration of the scientific and philosophical underpinnings that impact the way we see and understand not only ourselves and others, but also core concepts such as equity, empathy, compassion, intelligence, rationality, temperament, relationships, and ultimately, human potential. Dr. Shanker's Self-Reg reframing of these society-shaping ideas will help you to fully understand, and cast aside, the deterministic thinking that has caused the inequalities we have seen in societies over the centuries.

Start this course March 10th, 2022, Register Here

Living, Learning & Linking Program

A Level 2 Certificate Program – Register Here

Build on your understandings of Self-Reg from one of our Level 1 Self-Reg Certificates* with the Living, Learning & Linking Certificate Program, a self-paced 30 module program that offers you a range of opportunities to go deeper into the science, the practice, and the leadership of Self-Reg with Dr. Shanker, the TMC Team & Self-Reg Community.

This unique program is comprised of 30 stand-alone modules of learning, each taking approximately 3-5 hours to complete through a combination of videos, readings, and pre- and post-module tasks. After registering, you will have 1 year to access all the course content and materials and to complete the full program.

Start this course anytime! Register Here

LEARN MORE AT SELF-REG.CA