Welcome to Hidden Sparks Without Walls. We will be starting at 8:30pm.

To alleviate background noise and ensure a quiet session, your audio connection has been muted.

**Asking Questions & Sharing Thoughts:** You are encouraged to ask questions and share your thoughts on the Chat.

Please activate the chat feature by clicking in the “Chat bubble” on the control panel on the bottom of your screen.

**Audio:**
If you would like to call in via phone for audio, please click on the phone icon, select “I will call in” and you will be provided with the call-in number.
ABOUT HIDDEN SPARKS

Hidden Sparks is a non-profit that helps educators and schools nurture the Hidden Spark within each student. We do this by developing and facilitating professional development programs for Jewish day schools to help increase understanding and support for diverse learners.

Hidden Sparks provides an award winning professional development program in understanding learning and behavior, conducting classroom observations, coaching teachers and developing peer coaches. By helping teachers meet the needs of struggling students, ultimately all students benefit.

- 108 Jewish day schools in NY, NJ, BA, IL, FL, OH, Israel impacting over 7,200 students annually.
- Over 300 school peer coaches have received training and mentoring
- close to 500 teachers receive training annually.
- Hidden Sparks Without Walls international webinar program has reached thousands of teachers and parents.

We’re available to help you. Please be in touch with our office to find out how to bring Hidden Sparks programs to your school!
Teaching Self-Regulation in Young Children

Presented Jeanine Fitzgerald
May 20, 2020
Our Guest: Jeanine Fitzgerald

Jeanine draws on more than 40 years of professional experience to empower teachers and parents. As a certified Human Behavior Consultant and Specialist, and owner of The Fitzgerald Institute of Lifelong Learning, Jeanine specializes in research-based strategies that maximize the fulfillment of a child’s potential and their implementation in “real life” settings. She understands the daily struggles of educators and parents and honors the “hero within” each individual she has the privilege to work alongside. As a speaker, consultant and master trainer, Jeanine has worked with thousands of children, professionals and parents across the country. As an author, Jeanine has published The Dance of Interaction and two national training programs entitled Education with Insight and Parenting with Insight. She is currently putting the finishing touches on her second book, Educating the Heart.
Overview of the Session

• The developmental progression of regulation

• The connection of the brainstem and the midbrain to effective approaches for regulating the sensory system and emotions

• The regulation of one aspect of behavior, impulsivity
Self Regulation is....
The Developmental Flow

Co-Regulation

Reliance on a Primary Caregiver

External Supports

Reliance of caregiver when situation is intense

Self-Regulation

Reliance on Self in situations
The Triune Brain

- Neocortex
- Limbic system
- Brain stem
Getting Back to Our Senses

Move

Touch

Sight

Sound

Taste

Smell
Teaching Points

• Everyone has feelings.

• Feelings come from somewhere.

• It’s not always easy to know what we feel.

• There are clues that tell us what we feel.

Sample Activities

• Feeling Flashcards

• Charades

• Body Drawing

• Feeling Book

• Emotions Check-in System
This is how I feel today!

- Embarrassed
- Sad
- Nervous
- Happy
- Proud

Ignore
Modulation

Teaching Points

• Understanding the degrees of feelings.
• Managing feelings effectively.
• Creating feelings toolboxes.

Sample Activities

• Number Scale
• Thermometer
• Clay
• Fidgets/Exploratory

• Materials
• Relaxation
• Movement
• Touch
Impulse Control

- Practice substitution and postponement
- Ask open-ended questions
- Play the “what if” game
- Games with stop and start actions
- Relaxation
# Upcoming Hidden Sparks Without Walls Sessions

| Summer 2020 | All HSWOW presentations are archived and available for downloading to view https://www.hiddensparks.org/professional-development-programs/courses-archive/ |

If you are interested in bringing Hidden Sparks to your school or city, please contact us: 212-767-7707 or sara@hiddensparks.org
Contacting Hidden Sparks

Contact Presenter:
Jeanine Fitzgerald
www.jeaninefitzgerald.com

Contact Hidden Sparks:
www.hiddensparks.org
news@hiddensparks.org (212) 767-7707
www.facebook.com/HiddenSparks

“like” us on Facebook
Hidden Sparks would like to thank our Donors, Supporters and Partners.