

Rethink the way we learn

TEACHER TRAINING 10

Stress-free learning

Sensory self-regulation strategies to reduce stress and anxiety for children

Senses in Education



SENSORY
INTELLIGENCE CONSULTING



Wednesday 29 August | Registration 14:00 | Workshop 14:30 - 17:30

Oakley House School, 68 Myburgh Road, Diep River, Cape Town

Facilitator: **Gerald Maidens & Karen Potgieter**

Cost: R660.00 pp (incl. VAT) | R560.00 pp (incl. VAT) for group bookings of 4+

Target group: Teachers, classroom facilitators, school-based therapists, education support staff.



*Teachers get 5 CPTD points for SACE per workshop
Therapists get 3 CPD points per workshop for HPCSA*

Sensory Intelligence® Consulting is a Corporate Member of the
Independent Schools Association of South Africa.



Outcomes

- Unpack the increase of stress and anxiety within modern day classrooms
- Identify sensory overload and stress behaviors in children
- Implement easy sensory self-regulation strategies to reduce stress and anxiety.

Content

- Stress levels within the modern-day classroom - what is happening?
- The senses, the brain and stress
- Sensory overload and stress and how stress hijacks the learning brain
- The stress robot - how we go from green to red and what to do
- Identify fight/fright/flight/freeze responses in children, even if they are hidden
- What is the difference between a tantrum and meltdown and how to deal with each
- Key management strategies: Avoid, Anticipate, Self-regulate
- Sensory self-regulation strategies:
 - How to calm the brain - which senses to use and when
 - Sensory snacks - quick and easy tools that is always available
 - Sensory diets - choosing best activities to de-stress for children
 - Sensory ergonomics - how seating and quiet spaces can calm the child

About Sensory Intelligence®

Sensory Intelligence® Consulting was founded by Dr Annemarie Lombard in 2002 and is backed by her 26 years' local and international experience as an Occupational Therapist and workshop facilitator. She holds a PhD in Occupational Therapy and practised with children with learning difficulties for 15 years. She works with a group of esteemed Occupational Therapists to deliver Sensory Intelligence® as a training and development tool in South Africa and abroad. Their primary objective is to empower and equip teachers and parents so that children can learn and develop optimally. With loads of energy, passion and commitment they share their knowledge in a practical, easy to understand and no-nonsense way. They want happy kids, happy families and schools that really nurture learning, to ultimately *Rethink the way we learn!*

Read more about the team: <http://sensoryintelligence.co.za/contact-us>

For more information and bookings, please visit <http://www.sensoryintelligence.co.za/events> or contact events@sensoryintelligence.co.za

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