

# Learning to be Powerfully You:

Training Occupational Therapists in a Social Emotional Learning Curriculum focused on Self-Regulation

## Online Course Agenda

**\*ALL TIMES ARE IN CENTRAL DAYLIGHT TIME\***

*Break start times may vary*

### **Day One: Sunday, May 2, 2021**

8:30am	–	9:00am	Check-In Period
9:00am	–	9:10am	Announcements & Introductions
9:10am	–	11:00am	Self Regulation, Powerful Thoughts, Body Sensing, & Body Battery
11:00am	–	11:30am	Break
11:30am	–	1:30pm	Arousal Theory & Activation Lessons
1:30pm			End of Day One

### **Day Two: Monday, May 3, 2021**

8:30am	–	9:00am	Check-In Period
9:00am	–	9:05am	Announcements & Introductions
9:05am	–	11:00am	Tools Lesson, Classroom Tools Lesson, Mindbody Awareness Tools, Self Compassion, & Inquiry Based Thinking
11:00am	–	11:30am	Break
11:30am	–	1:30pm	BEST lessons, Social Emotional Learning, Rtl, Caseload vs Workload, Use with Individuals, Case studies, Goal Writing, & Questions
1:30pm	–	2:00pm	Test
2:00pm			End of Course