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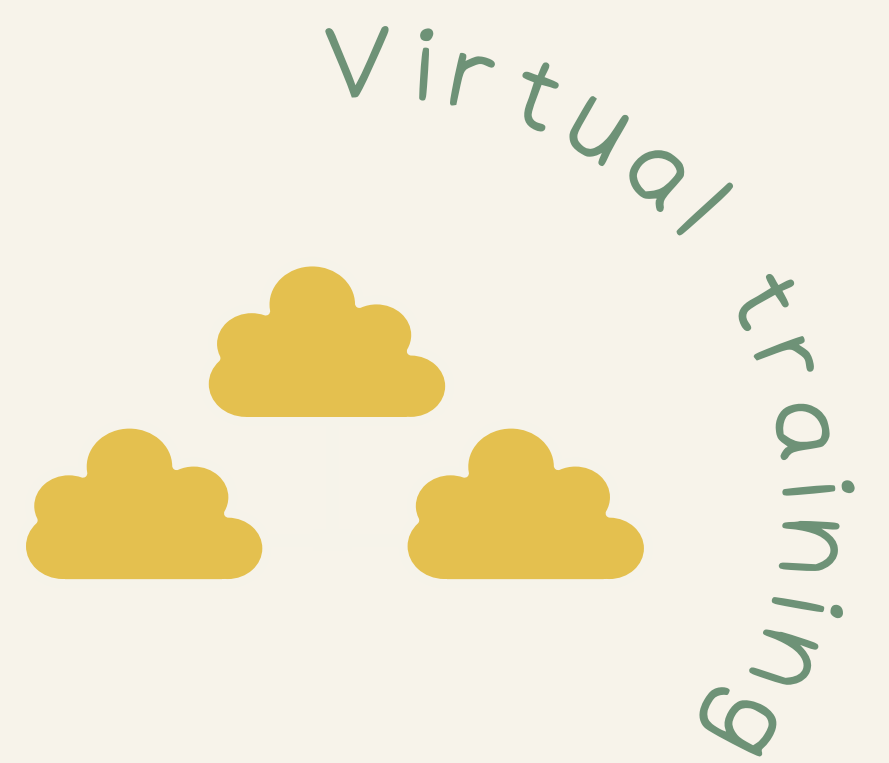
# The Building Blocks of Behaviour

*Seeking Connection, Not Control*

Kerry Murphy



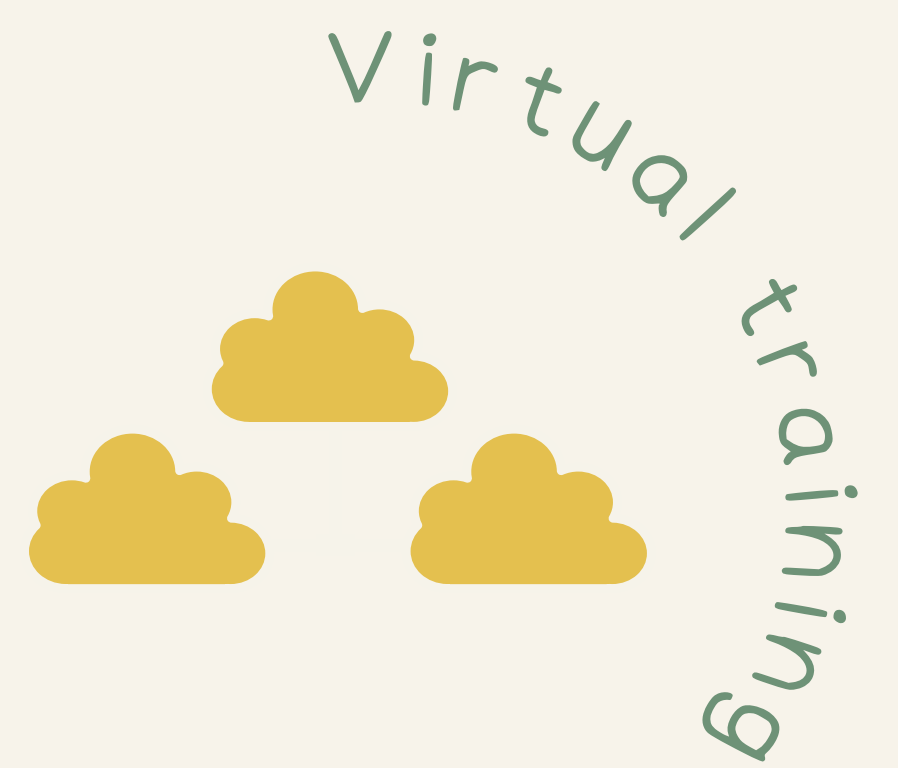
Early Childhood Specialist



# Block One

## *Deconstructing & re-defining behaviour*

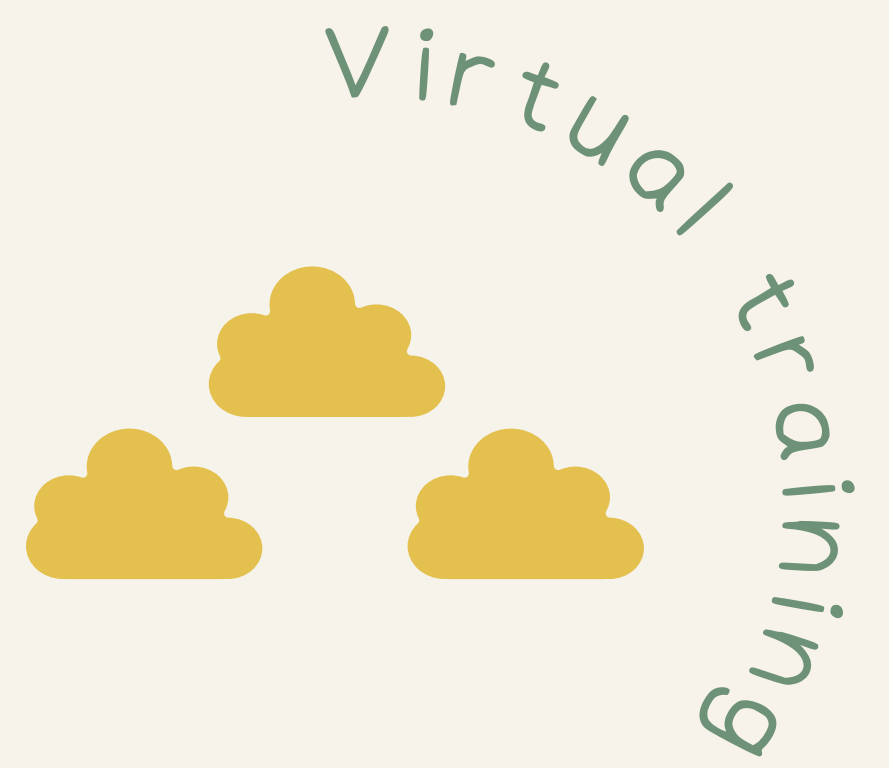
- Unpicking the issue with "behaviour management"
- Defining key terms related to behaviour including co & self-regulation, social, emotional development and brain development
- Exploring key underlying processes that influence behaviour including stress, emotional load and masking
- Considering practical strategies for shifting from "behaviour management" to co-regulation.



# Block Two

## *Relational Approaches to Behaviour*

- Exploring key concepts related to attachment and neuroscience
- Considering key traits of an effective co-regulator
- Developing an understanding of stress versus thinking behaviour, and how we might respond to different states of dysregulation
- Practical strategies for whole team consistency and creating physical and emotional safety



# Block Three

*I Move, therefore I am*

- Explore Key sensory processes that contribute toward overall development, and how they may influence states of dysregulation
- Develop an understanding of the importance of a movement based curriculum for co & self-regulation
- Consider ableist practices in behaviour management, and why we need to seek connection over compliance.



# Block Four

## *Neurodivergence and Behaviour*

- An exploration of behaviourism and how it harms neurodivergent learners
- Considering ableist practices, and how to shift towards neurodiversity-affirming co-regulation
- Considering the harms of masking and neurotypical expectations.

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