

**Time-Ordered Agenda for
Facilitating Self-Regulation in Children and Teens
Instructor: Gwen Wild, MOT, OTR/L**

Time (minutes)	Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
10	Introduction and Agenda	Lecture
15	Self-Regulation Theory	Lecture, discussion
15	Assessment of Self-Regulation	Lecture, demonstration
20	Sensory Supports	Lecture, discussion, demonstration
15	Calming/Organizing Techniques	Lecture, discussion, demonstration
15	Thinking Strategies	Lecture, discussion, demonstration
15	Case Studies	Case study, discussion
10	Goal Writing	Lecture, demonstration
5	Conclusion	Lecture, post-test, course evaluation
120	TOTAL RUN TIME	