

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

<b>Time (minutes)</b>	<b>Content to be Covered</b>	<b>Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)</b>
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
<b>120</b>	<b>TOTAL RUN TIME</b>	