



## Fidgets and Calming Centres - Behavioural Strategies to Channel Emotions in Your Classrooms

<b>Facilitator(s):</b>	Sheila Chisholm
<b>Date:</b>	August 16, 2018
<b>Time:</b>	9:00 am – 3:30 pm
<b>Cost:</b>	\$50.00  (includes lunch, which is not prepared in a nut/gluten-free environment)
<b>Location:</b>	Edmonton (ERLC Office at Elmwood School) Room 17/18, 16325 - 83 Avenue
<b>Session Code:</b>	18-IE-300



### Target Audience

Pre K - Grade 12 Teachers, Administrators, Educational Assistants, Inclusive Education District Leads and Parents

### About this Learning Opportunity

This session will highlight fun and engaging visual and behavioural strategies to guide and channel emotions in your classroom. We will also look at tools for focus and attention, self-regulation and decreasing behaviours without the interference of accidental rewarding. Finally, there will be an opportunity to "make and take" centre activities based on occupational therapy, psychologist, educator and parent-approved activities.

### About the Facilitator(s)

**Sheila Chisholm's** interest in special needs started in elementary where she supported a segregated learning classroom during lunch hour. Sheila soon developed a passion and desire to change the way society interacts with those in the disabled community. While attending U of S, she worked with families with children with special needs and began to work towards behavior consulting and interventions. Sheila worked for Transitions where she discovered a connection with autistic children and a deep desire to learn more. She joined Family Linkages Foundation for Autism, and began her journey as a behavior interventionist. Sheila had the privilege of working on the PUF Team as well as the ELT Team in the St. Albert Public School Division for 12 years. In this capacity, she has worked with a multi-disciplinary team of therapists to cultivate the best learning environment for students. She has now moved into the Sturgeon School Division as a Parent Coach for Disabilities Services Families.

Sheila started Infinite Resources Inc. as a means to support all families and look beyond diagnosis and delays. She believes providing coaching and consulting to families, community organizations allows her to truly create a company that looks at strengths, community and family as a path for inclusion. IRInc has now been running inclusive social programs for 13 years.

Sheila was the recipient of the St. Albert Baha'i International Womens Day award for Exemplary Service in the Community, as well as Autism Edmonton's Community Champions Award. Infinite Resources Inc. has allowed her to



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create events that can provide inclusion for children/teen, families and the community. These events include Beautiful Me, Plugged In and Supported Community as well as powerful PD Day Sessions. Sheila is a certified PEERS facilitator, Nonviolent Crisis Physical Crisis Intervention Trainer through CPI, PBS (JACC) Trainer, Triple P Facilitator: Seminars, Primary Care, Groups - Discussions, Stepping Stones, Teen & Standard.

*This learning opportunity is being provided through funding from Alberta Education.*