

Tuesday 25 January 2022

Dear Parents,

Re: Supporting self regulation for Nursery and Reception children Workshop

On Wednesday 2 February 2022 at 1pm I will be hosting a virtual workshop on self regulation within the EYFS. The new EYFS framework states that children at an expected level of development will be able to:

- Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
- Give focused attention to what the teacher says, appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas and actions.

This workshop will therefore give you an insight into how we support children to develop skills in self-regulation to focus their thinking and follow instructions, manage their feelings and emotions, monitor what they are doing and adapt, regulate strong feelings, be patient for what they want and bounce back when things get difficult.

The workshop will explore the following areas:

- What is self regulation and what might this look like?
- Why is it important and how does it connect to other aspects of learning?
- Practical ideas of how you can support the development of your child's ability to self regulate

Self Regulation workshop details	Zoom link to join
Wednesday, 2nd February at 1pm All welcome	Join Zoom: https://us06web.zoom.us/j/81413245204?pwd=R2xGSU83M3JyYUpjdmhrYTVPYUJsQT09 Meeting ID: 814 1324 5204 Passcode: 487712

I look forward to seeing you there...virtually!

Best wishes
Olivia Penfold

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