

The Regulated Child: Building Calm From the Inside Out

Workshop Overview

Emotional outbursts, shutdowns, and explosive behavior can leave adults feeling helpless and children feeling ashamed. This workshop focuses on practical, body-based techniques from the Thrive Method that not only helps children but also helps adults **regulate themselves first**—so they can help children move from emotional chaos to calm connection. Learn how to support a child’s emotional regulation from the inside out, even in moments of distress.

Who Should Attend?

- ✓ Occupational Therapists
 - ✓ Educators & School Staff
 - ✓ Mental Health Professionals
 - ✓ Parents & Caregivers
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What You’ll Learn

-  How to recognize when a child is emotionally overwhelmed and what’s causing it
 -  Simple, effective techniques to help children return to a regulated state
 -  Why adult self-regulation is the foundation for helping children regulate
 -  Tools for managing emotional intensity without power struggles or shame
 -  Techniques to use during and after dysregulation to restore trust and connection
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Workshop Details

 Duration: Customizable (typically 2–6 hours)

 Format: In-person or virtual

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 *Give children the tools to manage big feelings—without shame or shutdown.*