

## **Self-Regulation, Calming & Problem-Solving Toolkit**

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A selection of products designed to support emotional regulation and independent problem-solving while helping educators create structured calming spaces. Each poster includes a QR code linking to short implementation videos.

### **Supporting Training**

- [What is Self-Regulation in Early Childhood Webinar](#)

### **Additional Resources**

- [More Sensory-Regulation Webinars](#)

### **Program Goals**

- Provide accessible calming tools
- Teach independent problem-solving
- Support positive behavior
- Strengthen executive functioning
- Encourage self-management

### **Expected Outcomes**

- Greater independence managing emotions
- Reduced classroom disruptions
- Shorter recovery time
- Improved problem-solving
- Stronger executive functioning