

## Working With Vulnerable Children - Developmental Differences

# Executive Functioning & Emotional Regulation



### Executive Functioning

All social behaviour and learning is underpinned by the brain's executive functioning skills. Strong executive functioning skills are associated with the ability to pay attention and engage working memory (a necessary prerequisite of learning). Executive functioning skills allow us to direct our attention to any given task or activity and to take steps towards achieving everyday goals. This is why executive functioning skills are so important for everyday life.

### Emotional Regulation

Children who freely express a range of emotions and can regulate their emotions well tend to have better peer relationships, stronger social connections, and better educational outcomes. Children who can recognise and respond well to their feelings, and the feelings of others, and express their emotions in healthy and socially acceptable ways are better able to make and keep friends. Poor emotional regulation is a core difficulty in many childhood disorders that are associated with challenging behaviour. Supporting a child to tolerate and manage strong emotions can help them to relinquish challenging behaviour.

### WORKSHOP DETAILS

#### WHO IS IT FOR?

This workshop is available for kindergartens with eligible School Readiness Funding  
Minimum of three participants

#### FORMAT

Online

#### DURATION

3 hours

#### COST

\$195 (+gst) per person

#### CONTACT

For more information or to apply for this workshop, contact Meli

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✉ schoolreadiness@meli.org.au

### Please note:

- Workshop content can be modified to meet the needs of particular kindergartens/educators
- Delivery of workshops outside of standard working hours may be an option - please contact us to discuss