

EPLAC Presents

Break Spaces

This workshop is designed for parents, educators, and community members who want to create supportive environments for individuals needing structured breaks.

Workshop Overview:

- **The Importance of Breaks:** Learn why structured breaks are vital for students with diverse needs. Breaks can help reduce anxiety, prevent sensory overload, and create opportunities for emotional regulation.
- **Creating Calming, Safe Spaces:** Learn how to design break spaces that are inviting, soothing, and tailored to the unique sensory and emotional needs of special needs students. We'll showcase real-life examples and demonstrate how small changes can make a big impact.
- **Essential Items for Sensory-Friendly Break Spaces:** Discover tools and items that can help individuals regulate emotions and recharge during a break.
- **Using Visual Supports to Encourage Breaks:** Learn how to integrate visual tools, such as "Take a Break" cards, visual schedules, and step-by-step instructions, to empower students to recognize when they need a break and access the space independently to be able to return to their tasks more focused and refreshed.
- **Teaching and Practicing Break Routines:** Gain practical strategies for teaching students when and how to use break spaces effectively. We'll discuss building routines that promote consistent use and positive outcomes.

Tuesday
November 26, 2024
6pm

Kent Heights
Elementary
School Library

Guest Speaker:
Megan Black
Special Educator
2024 EPLAC Educator Award
Recipient

Join us as we equip educators and families
with the tools they need to support their student!