

JUST RIGHT STATE COURSE TIMETABLE

DAY 1

9.00 Log into Zoom

JRS Childrens Programme

- 9.10** Start
Introduction to Programme
Background
Theoretical Background & Hypothesis
Summary Review of Attachment, Sensory, and Physiological Patterns
Provision of Care Questionnaire
Summary of the Play Programme
- 11.00** Tea/Coffee Break, Regulating snacks
Opportunity to link with other course participants
(This will be the case for all breaks)
- 11.30** The JRS Play Programme Practical
First experience of the ball play exercises.
Discussion on the regulating properties of each activity and what is required in terms of Sensory Motor Development
- 1.00** Lunch
- 1.45** Review of Practical
Questions and Guidelines for Facilitators
Interpretation of Children's self-initiated sensory seeking behaviours
- 2.45** Break
- 3.00** JRS Play Programme Practical
Repeat of Ball Play Exercises
- 4.00** Finish

DAY 2

JRS Children's Programme Continued

- 9.30** Start
Play Programme – Practical
Regulation of Emotion: Week 1 to 6
- 11.00** Tea/Coffee, Regulating Snacks
- 11.30** Use of Charts & Activity Book for Children
JRS Activity & States of Arousal Chart
Activity Book for Children: includes visual motor integration activities & regulating art
Scared Gang Chart: Red, Green & Blue Zones of Regulation
JRS Self-Regulating Chart
Scared Gang States of Emotion Card
Scared Gang Playing Cards
- 1.00** Lunch
- 1.45** Children's Feedback Forms
Use of JRS Children's Programme: with diverse populations, in Clinic, Social Services and Educational settings (individual and group programmes)
- 2.45** Tea/Coffee
- 3.00** JRS Play Programme: Ball & Clay Exercises
Hand Spa
- 4.00** Finish

DAY 3

JRS Parents' Programme

- 9.30** Introduction to Parents' Programme
Home Visit, Introducing the Programme to parents, 'consent to video' form
Format for Weekly Sessions
Levels of Self Regulation: Level 1; Autonomic Regulation
Use of Hot Towels Practical
Demonstration of Making Hand Spa Scrub, Washing & Drying Hands
Completion of Level 1 Worksheet, Enriched Environment Chart
Homework for Parents
- 11.00** Tea, Coffee & Toast
- 11.30** Levels of Self Regulation:
Level 2: Modulation of Sensation and Emotion (2.5 hours)
Sensory-Attachment Patterns (Bhreathnach)
- 1.00** Lunch
- 1.45** Levels of Self-Regulation
Level 2 Continued
Using the Therapy Ball, Regulating Play
Completion of Level 2 Worksheet
Homework for Parents
- 2.45** Tea/Coffee Break
- 3.00** JRS Play Programme Practical
Repeat of Ball Play Exercises
- 4.00** Finish

DAY 4

JRS Play Programme Continues

- 9.30** Levels of Self-Regulation
Level 3 Sensory & Emotional Interpretation
Games, completion of Level 3 Worksheet
Homework for Parents
- 11.00** Tea/Coffee & Toast
- 11.30** Level 3 continued
- 1.00** Lunch
- 1.45** Levels of Self-Regulation.
Level 4 Sensory & Emotional Organisation
Games, Completion of Level 4 Worksheet
Homework for Parents
- 2.45** Tea/Coffee Break
- 3.00** Parent Review of the Programme
- 3.30** Finish