

# Reset & Refocus: Practical Tools for Regulating the Classroom Nervous System



PRESENTED BY

**Jenna Galloway**



SERIES SESSIONS

Date	Time
November 13, 2025	4:00 PM - 5:00 PM
November 20, 2025	4:00 PM - 5:00 PM



LOCATION

**Online**

**FEE**

**\$25.00**

**QUESTIONS?**

Contact Us:

[calgary@aplc.ca](mailto:calgary@aplc.ca)

[403-291-0967](tel:403-291-0967)

**REGISTER ONLINE**

Visit our website to register:

[calgary.aplc.ca](https://calgary.aplc.ca)

## Learning Opportunity

*For K–12 educational assistants, instructional leaders, pre-service teachers, and teachers*

Join us for a two-part series designed to help educators better understand how the nervous system influences behaviour, learning, and emotional regulation in the classroom. Through a blend of science-backed insights and practical tools, participants will gain strategies they can implement immediately to support student (and self) regulation throughout the school day.

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### Session 1: Understanding the Nervous System & Foundations of Regulation

Learn how stress affects the body and brain—and why this matters for student learning and behaviour. This session introduces the Window of Tolerance and explores common signs of dysregulation in the classroom. You'll walk away with practical strategies to build nervous system awareness and support students in developing foundational regulation skills.

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### Session 2: Co-Regulation & Classroom Tools to Support Return to Calm

Explore how your nervous system interacts with your students' and how to intentionally use that connection to promote calm and focus. We'll share simple, effective co-regulation practices, somatic and mindfulness-based techniques, and introduce the "Regulate, Relate, Reason" model to help guide your classroom approach. This session emphasizes relationship-based strategies that foster emotional safety and learning readiness.

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## Presenters

### Jenna Galloway

Jenna Galloway is the Founder and CEO of Fledge, an education technology company dedicated to building mental and emotional literacy in children through proactive, developmentally informed tools. She is also the Founder of Wymbin, a nature-based early learning and children's wellness studio located in Calgary, Alberta.

With over a decade of experience in child development, education, and youth mental health, Jenna specializes in designing trauma-informed programs that integrate mindfulness, movement, and neuroscience. Her work spans across schools, camps, and community organizations, supporting educators and caregivers in creating emotionally supportive environments for children.

Jenna currently leads a longitudinal research study in partnership with the University of Calgary examining the impact of emotional literacy programs on anxiety, regulation, and focus in K–6 students. She brings a deep commitment to preventative mental health education and is passionate about equipping leaders with the skills and confidence to support children's wellbeing in meaningful and sustainable ways.

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## Registration Notes

All session times are mountain time.

This series will be recorded and available for 30 days.



Supporting every educator  
in every classroom