

Newport Preschool Assistance

In-class Assistance for Self-Regulation Skills

Delivered By

Keri Brewer

Newport Preschool Assistance

Statement of Work

Overview

Newport Public School (NPS) would like in-classroom assistance to model and instruct self-regulation skills. These skills are based on the teacher training related to the *Emotional Resilience* course and also the *Stress Reduction* clinic delivered each year as part of the Born Learning Academy.

Preschool Assistance will be weekly at location(s) determined by Newport Primary School (NPS) leadership. Keri Brewer will prepare and deliver age-appropriate education for preschool children on how and when to use self-regulation skills. Focus will be given to modeling and instructing children to participate in regulation skills. Keri Brewer will observe children responses and discuss progress with teachers/administration in order to adapt classroom support week to week as necessary.

NPS leadership has requested that Keri be available for this work 2 days per week, 3 hours per day starting April 10th and ending May 31st 2023. Compensation will be delivered at \$60 per hour worked; Keri Brewer to provide monthly invoices.

Basic Self-Regulation Skills

Keri will model and instruct children to use somatic techniques for emotional regulation such as:

1. Belly breathing
2. Check in system
3. Active body scan
4. Tip tap fingers
5. Bow & arrow fingers
6. Arm spirals
7. Sun breathing
8. Butterfly hug
9. STOP/HALT
10. Self-holding

Keri will incorporate trauma healing concepts such as Predictability, Sense of Agency, Volume, and Pace within instruction and modeling methods. In addition, some age-appropriate education will be delivered in order to create emotional awareness and acumen. Keri Brewer will use concepts such as check-in system (with colors or Inside Out characters) and the Vocabulary for Sensations (Pat Ogden & Janina Fisher, 2015).

Enhanced Self-Regulation Skills

Given the amount of time available per week and as space allows, it may be possible to integrate self-regulation skills beyond what is taught in *Emotional Resilience* and *Stress Reduction* courses. Keri Brewer has experience in delivering yoga classes for children wherein typical asana (body pose) sequences have been modified for age-appropriateness. Such instruction has been shown to be both effective and fun for children to participate and learn ongoing regulation skills. Yoga asanas are renamed for children to identify with the likeness of animals/nature as opposed to the Sanskrit terms used in adult yoga classes. Such asanas may include:

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1. Lion (simhasana)
2. Down Dog (adho mukka svanasana)
3. Playful Puppy (uttana shishosana)
4. Butterfly (baddhakanasana)
5. Cobra (bhujanghasana)
6. Cat/Cow (bitilasana)
7. Tree (vrikasana)
8. Eagle (garudasana)
9. Toad (mandukasana)
10. Pigeon (kapotasana)
11. Turtle (kurmasana)
12. Crocodile (makarasana)
13. Locust (shalabhasana)
14. Monkey (hanumanasana)
15. Rabbit (sasangasana)

Training Adaptation

Keri Brewer will partner closely with Jacquelyn Scruggs to design and implement the appropriate level of instruction at the chosen location(s). Discussions between sessions with Jacquelyn Scruggs and classroom teachers can occur as needed in order to focus, modify, avoid, etc. in accordance with children's needs.

Printed Materials

Keri can provide printed materials upon request that will show pictorially and describe both basic and enhanced self-regulation skills. Printing materials costs will be billed accordingly in monthly invoicing.

Deliverable Review & Billing

Compensation for services rendered will be invoiced monthly including hours worked and printed materials as requested. Total contract services not to exceed \$3000 (\$60/hr * 6hrs per week * 8wks + printed materials).

If at any time Keri Brewer's services are determined no longer needed or desired, this contract can be terminated at NPS request.