

Winnie and Friends Go for a Walk in the Forest: Supporting Student Emotional Regulation

**Courage to Risk Conference
1/23/2026**

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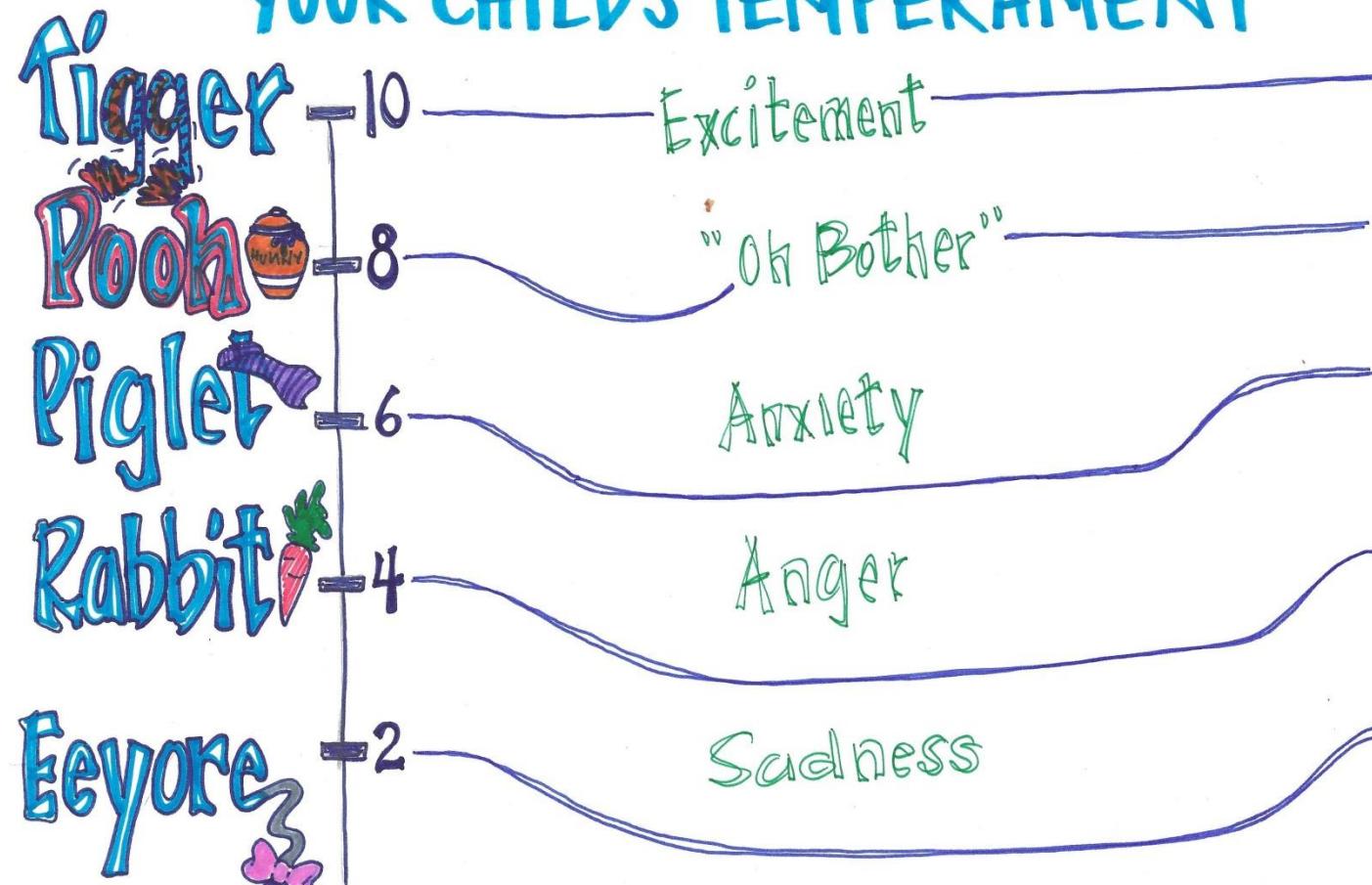
The Factory



The Limbic System:
A Neurochemical Factory

Do you have a Pooh Bear?

HOLDING ONTO HAPPINESS; YOUR CHILD'S TEMPERAMENT



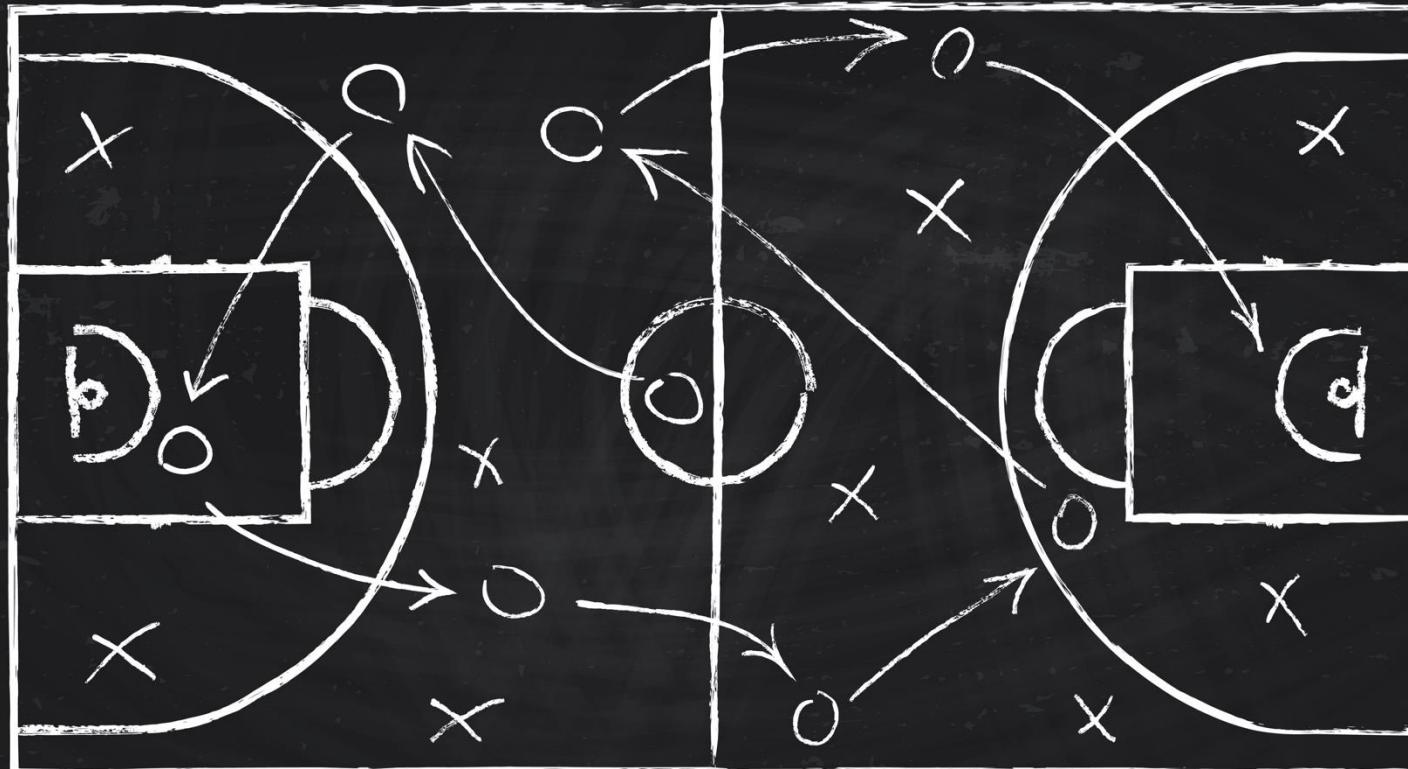
The Factory



The Limbic System

How's Your Defense?

How's Your Defense

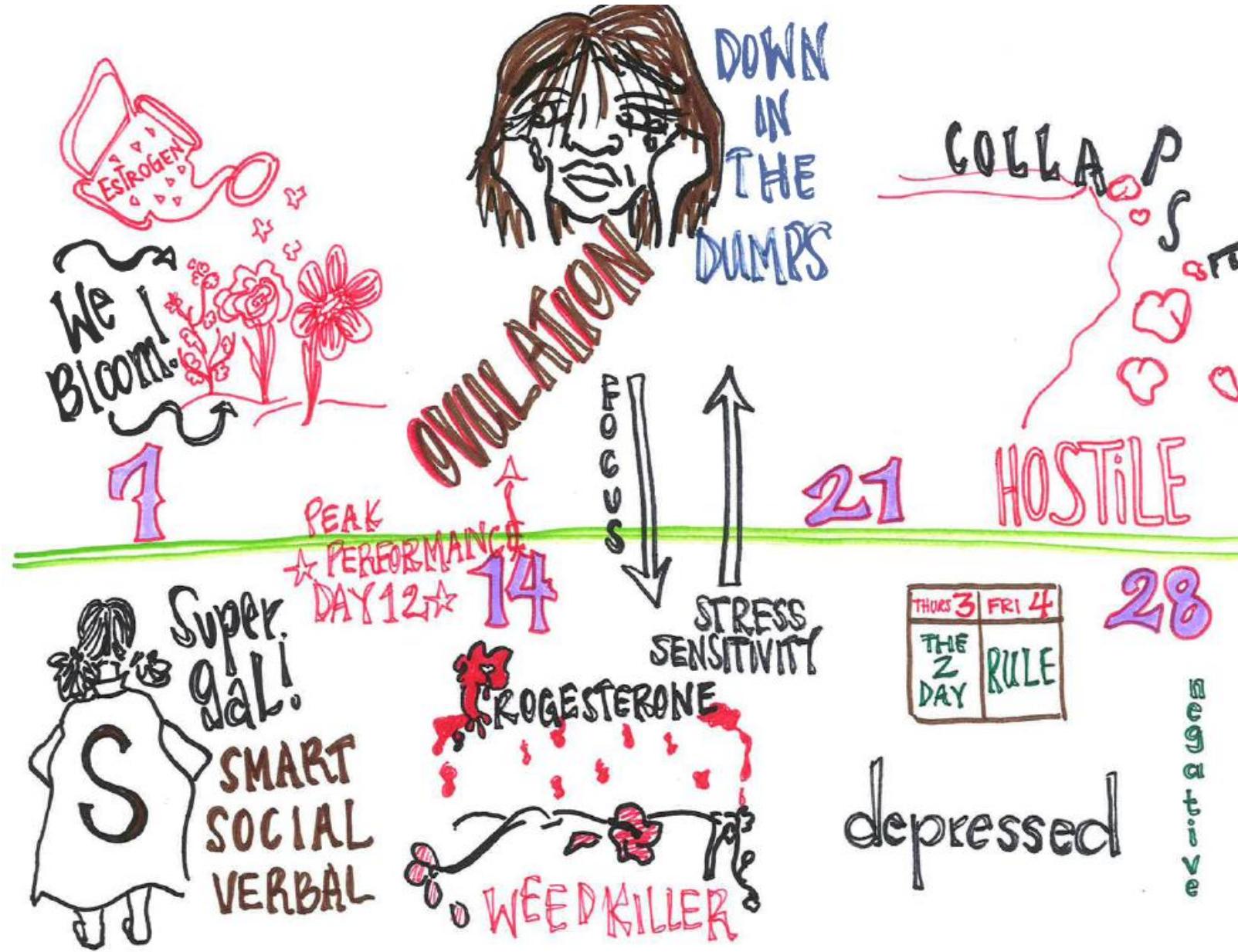


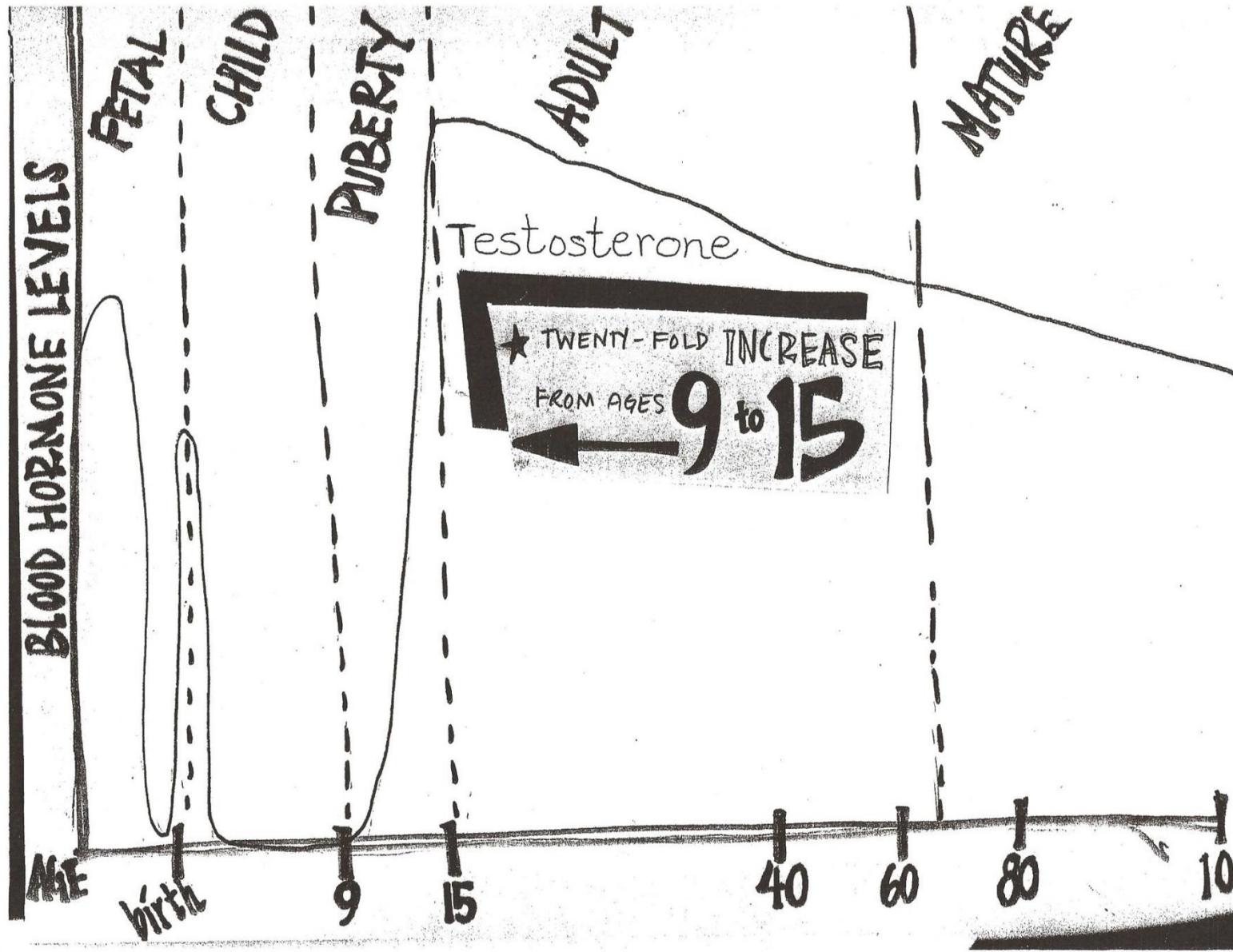
Our Emotional System



The Limbic System

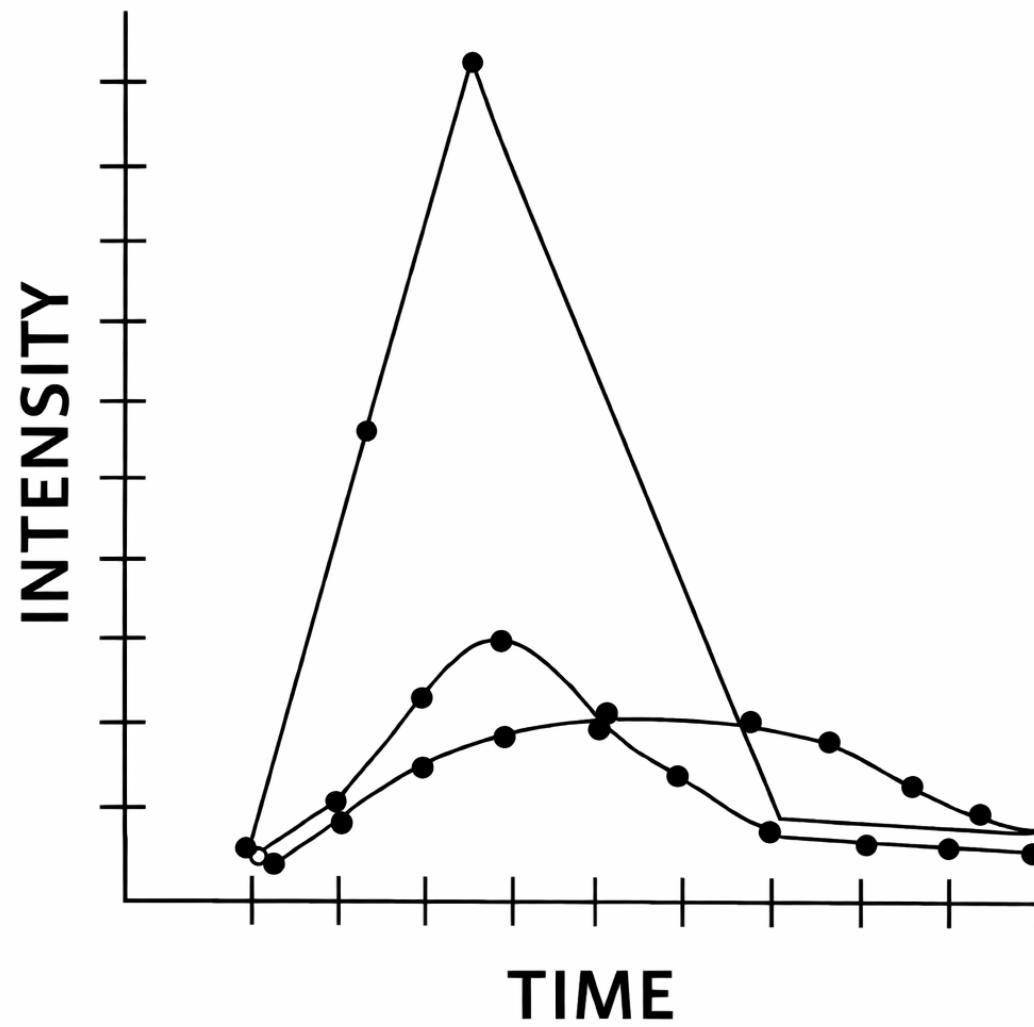
Pooh Bear has left the building: the role of hormones for the teen brain



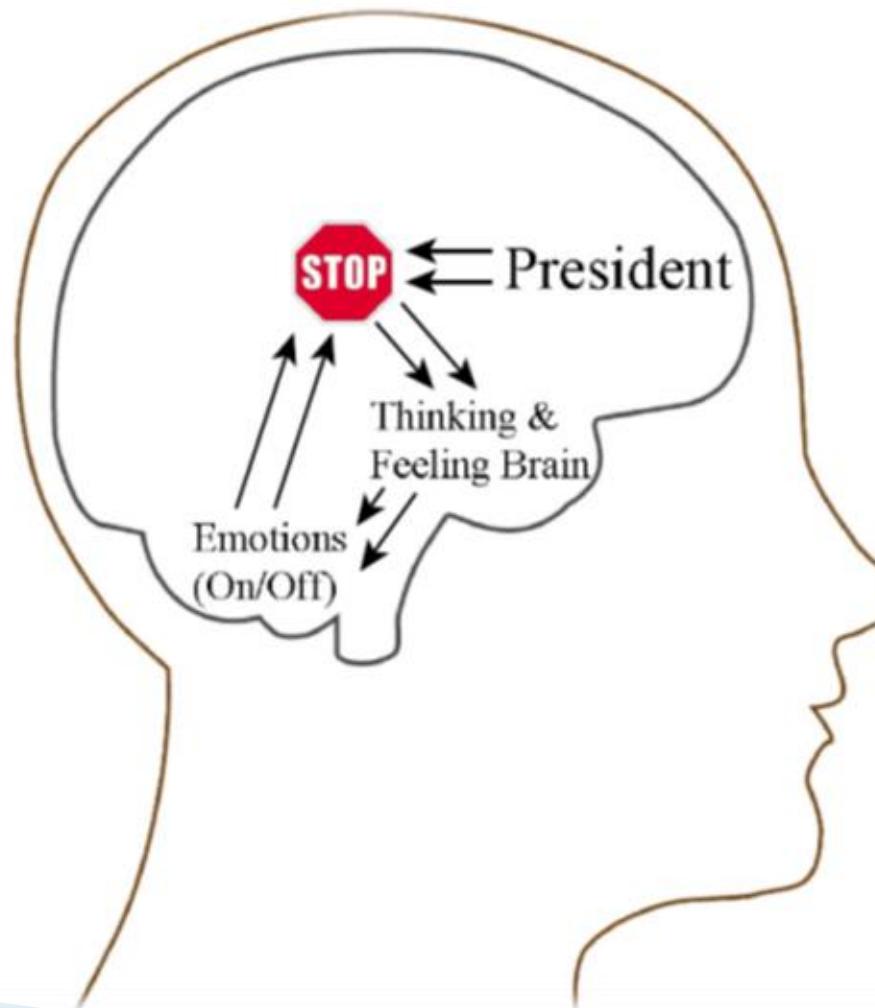


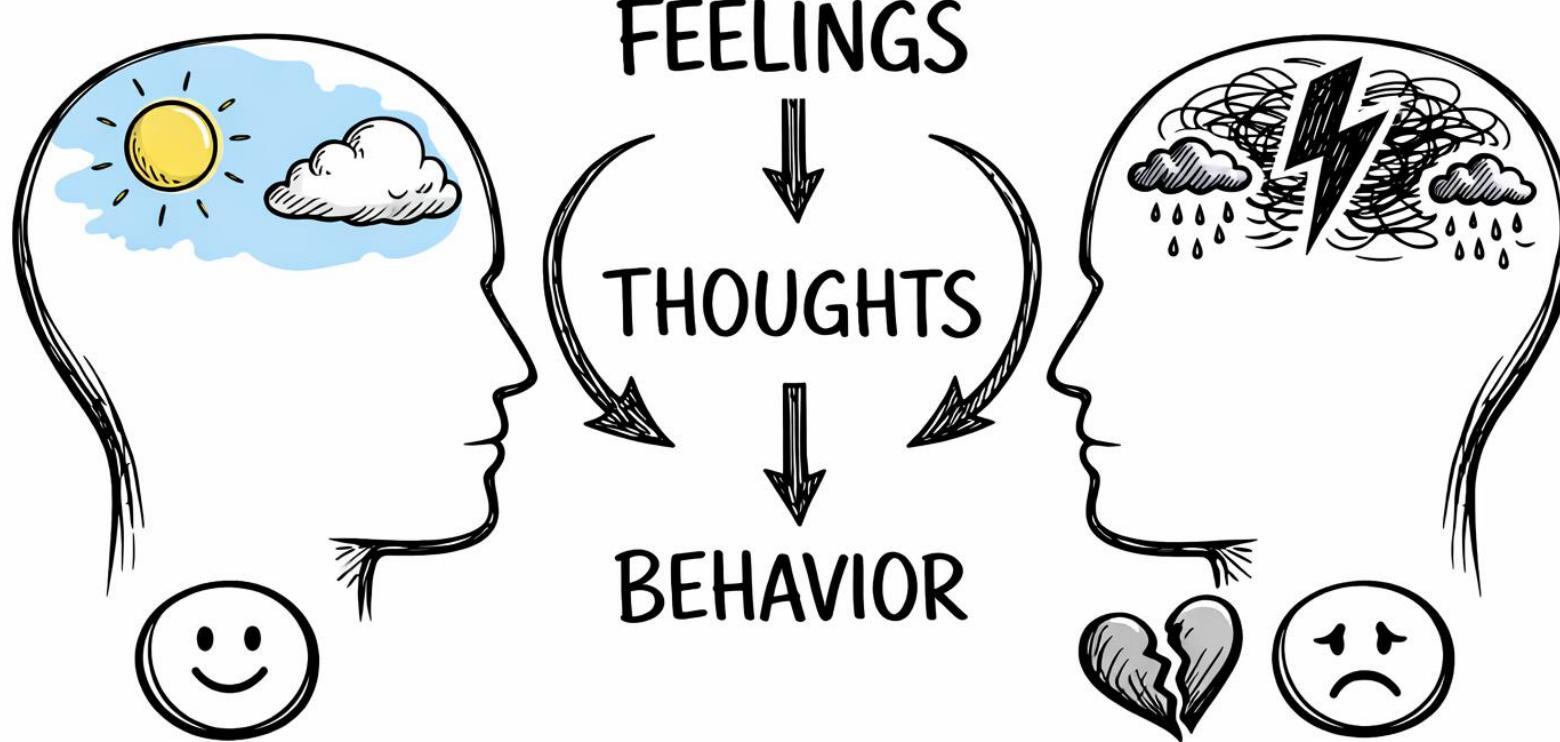


Emotional Reactivity



Blending it Together: The Orbitofrontal Cortex



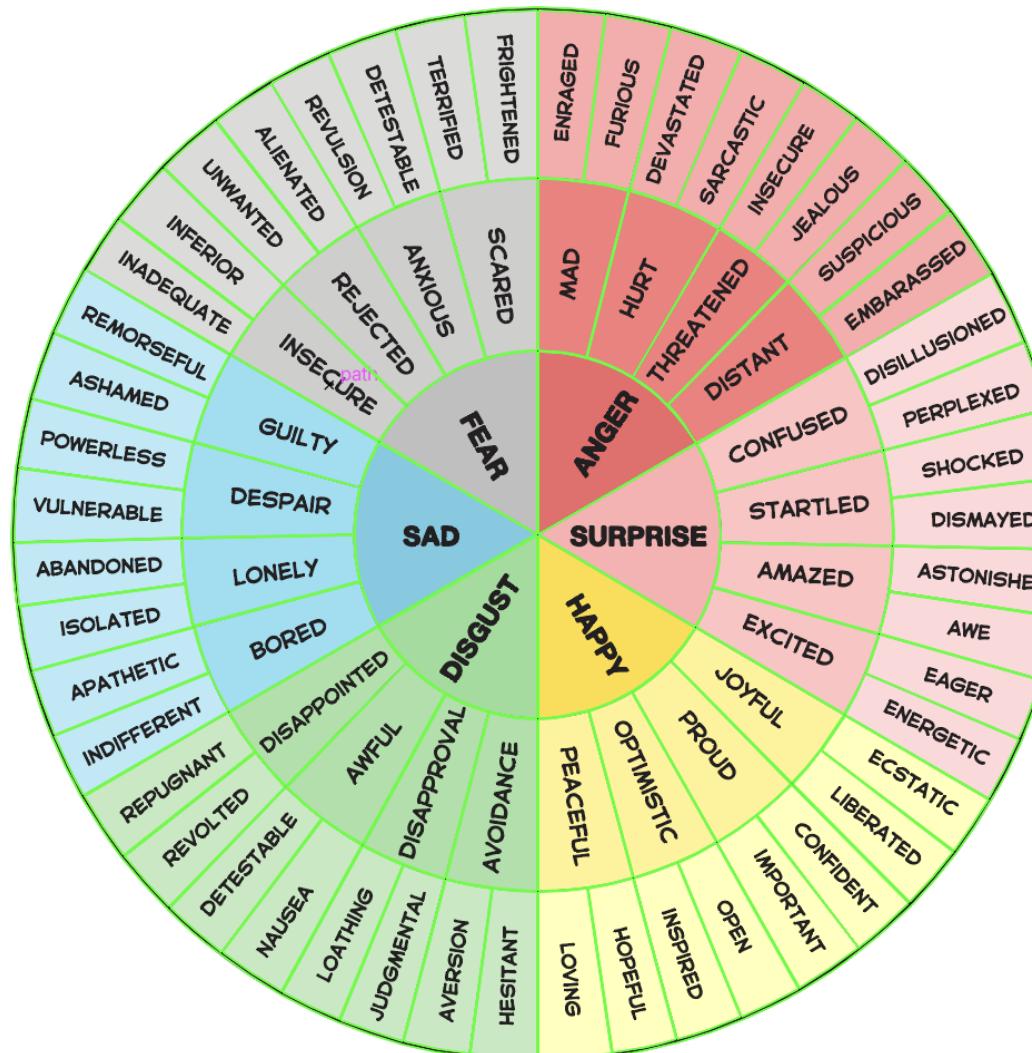


A Life Time of Messages

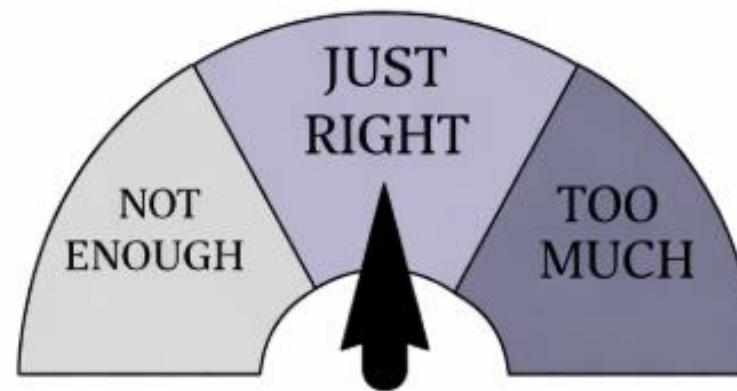
Primary Others Self
Care Givers

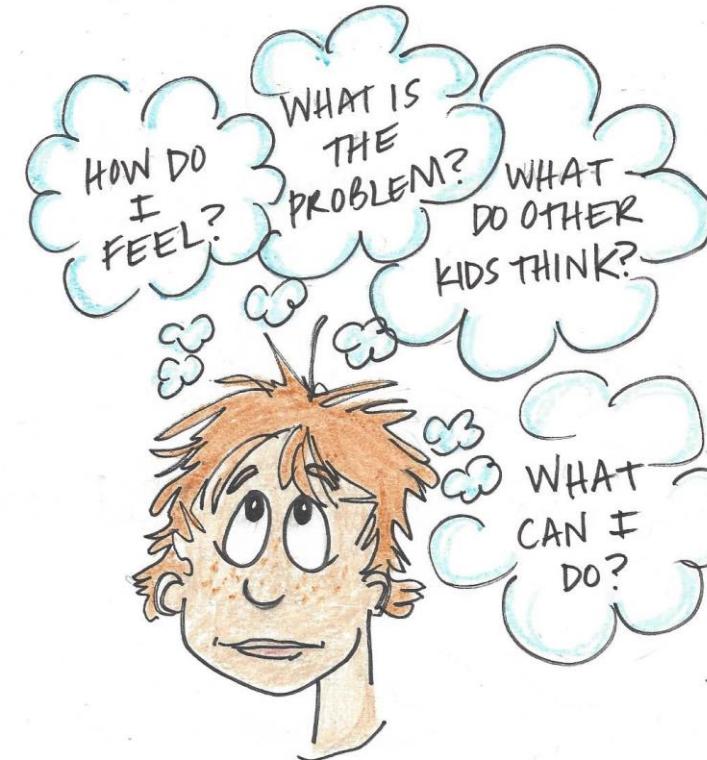
ADHD students receive 10 times the
negative feedback from teachers

The Feeling Wheel by Gloria Willcox



STRESS-O-METER





CHILD SUPPORT SYSTEM

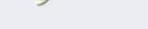
SELECTING THE RIGHT BOWL FOR YOUR CHILD'S FACTORY



Positive reinforcement for flexibility and emotional recovery; increased unsupervised free play



Plan ahead; limit content discussion; focus on anxiety process; promote self-problem solving; positive reinforcement for small steps and "letting it go;" limit expressed parental anxiety



Reinforce "stop;" increased structure for negative behavior; limit content discussion; focus on anger process; increased adult consistency and communication; promote self-problem solving; reinforce attempts at positive solutions and "letting it go;" consequences for aggressive behavior or refusal to try positive solutions



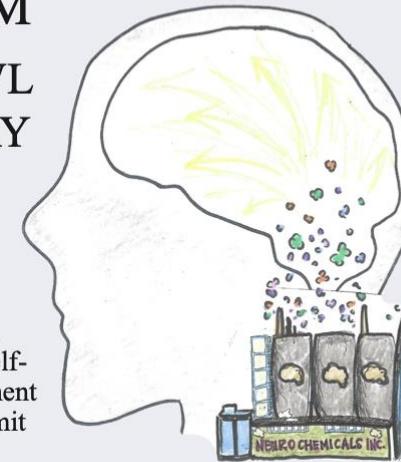
Promote positive thoughts to combat negative thoughts; limits on negative self-talk and victim thinking; limit content discussion; focus on sad process; promote self-problem solving; positive reinforcement for small steps and "letting it go;" extra TLC when needed



Embrace spontaneity; increased structure if getting carried away or for restraining constant desires; coaching for disappointment surrounding unfulfilled expectations



Encourage attachment of emotions to thoughts and reflection on others emotions. Help with shortening long, detailed explanations when talking with others

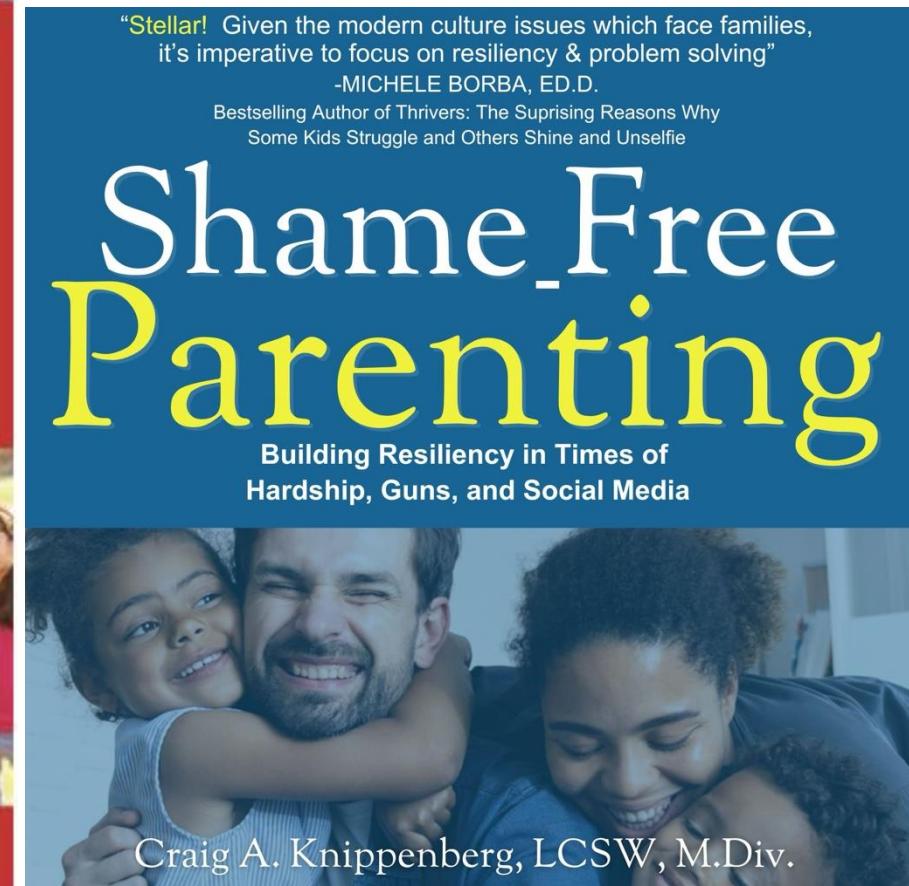
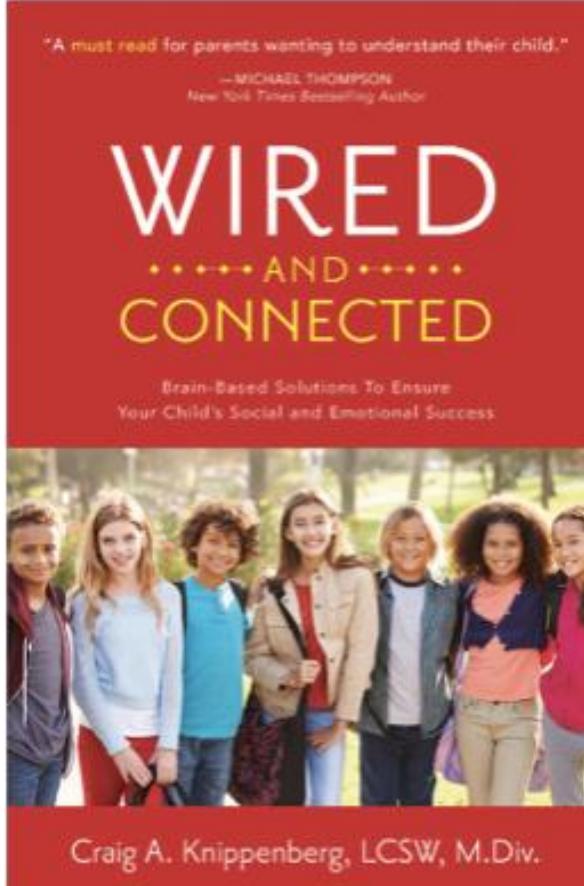


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The Right Support Changes Everything

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