

Self-Regulation Session for Visual and Performing Arts Teachers

The self-regulation session was delivered by Ms Maria Hanfouri Mizzi, an occupational therapist, who shared practical strategies and tools to help visual and performing arts teachers promote self-regulation during lessons.

Following an introduction to the theoretical aspects of preventing and addressing disruptive behaviour, the workshops were facilitated by Ms Julie Zahra and Ms Mildred Micallef St John, focused on real-life scenarios, including experiences shared by the teachers themselves. These activities provided opportunities to explore practical approaches to managing challenging situations, supporting self-regulation, and responding effectively to disruptive behaviour in the classroom. Feedback from the teachers was positive, highlighting the value of similar training opportunities in facilitating the exchange of experiences, strengthening professional practice, and fostering a sense of support within their respective disciplines.

