

Yaara Docrat, MEd

Ontario College of Teachers (OCT) and International Primary Educator
Math & Inquiry Specialist | IB PYP | Published Researcher



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Chiang Mai, Thailand



Yaara Docrat



Canadian international primary educator with an **Master of Education** and **7 years of experience** across **IB PYP** and **British curriculum schools**.

As a **Mathematics and inquiry specialist**, I design creative, conceptually rich learning that connects curriculum to authentic contexts while developing **student agency**. Strong **relationships**, **social-emotional learning**, and **inclusive practice** are central to my teaching.

My experience includes **PYP Exhibition leadership**, **Building Thinking Classrooms®**, data-informed instruction, and **published research** in **ADHD**, **self-regulation**, arts education, and inclusion.

[VIEW MY PORTFOLIO](#) www.yaaradocrat.com



CORE SKILLS

Mathematics Instruction

IB Primary Years Programme

Inquiry & Concept-Based Learning

Interdisciplinary Curriculum Design

Student Agency

Neurodiversity

Social-Emotional Learning

Professional Learning

Teacher Mentorship



PANYADEN INTERNATIONAL SCHOOL, THAILAND
British Curriculum | Inquiry-Based International School

2023 to Present

Year 4 and Year 5 Homeroom Teacher and Math Specialist

- Teaching Math, Units of Inquiry, Literacy and Language Foundations.
- Math Specialist** using **NWEA MAP data** to inform differentiation and targeted instruction, alongside **Building Thinking Classrooms®** pedagogy.
- Design **interdisciplinary inquiry** connecting Math, Literacy, Science, sustainability and the arts in authentic contexts, including a student-led entrepreneurship unit.
- Develop **student agency** through visible thinking routines, **student-led exhibitions** and learning with **industry experts**.
- Lead professional learning and school-wide initiatives** for colleagues and students including Toddle support, Dr. Misty Paterson's PD workshops, Senior Cross Country, Career Day, Duke of Edinburgh and enrichment activities.



AMERICAN PACIFIC INTERNATIONAL SCHOOL, THAILAND 2021 to 2023
IB World School | Primary Years Programme (PYP)

Grade 6 Homeroom and PYP Exhibition Teacher

- Taught IB PYP Units of Inquiry, Mathematics, and Literacy, designing concept-driven and transdisciplinary learning.
- Coordinated the Grade 6 PYP Exhibition across two campuses**, guiding student-led inquiry, conceptual thinking, research, and action.
- Coached and mentored new co-teachers in IB PYP pedagogy** and led the school's first Primary Student Council and Teacher Appreciation Committee.

EDUCATION

QUEEN'S UNIVERSITY, CANADA

Master of Education
2019 to 2021



Thesis: *Using the Arts to Support the Emotional Self-Regulation for Junior-Intermediate Students with Attention and/or Hyperactivity Challenges: A Multiple Case Study*

Bachelor of Education
2013 to 2018

Primary Junior Specialist

Bachelor of Arts (Honours)
2013 to 2017



CHILTERN WAY ACADEMY, ENGLAND
British Curriculum Special Education School

2018 to 2019

Year 7 Homeroom Teacher and Math Specialist for Year 8

- I taught Math, Literacy, Geography, History, Technology, Life Skills, PSHE, Food Technology, Horticulture, Drama and Outdoor Education.
- Taught neurodivergent students with **ADHD, ASD, sensory needs, and significant academic and social-emotional gaps**, implementing individualised strategies and IEPs.
- Embedded **Zones of Regulation®, movement, music, calming strategies, and LEGO® Therapy** to develop self-regulation and engagement; one student was named the school's **Most Improved Student**.
- As **Year 7 Team Lead**, I aligned curriculum, developed Life Skills and PSHE programmes, established Reading Buddies, and facilitated staff PD on Numicon® and Zones of Regulation®.

SELECTED PUBLICATIONS

2026

"Using the arts to foster emotional regulation for grades four to ten students with Attention Deficit Hyperactivity Disorder: A multiple case study."

Article under review at the **International Journal of Special Education**.



Taylor & Francis

2021

"Why Generalist K-12 Teachers Should Use the Arts to Support Students with Exceptionalities in Mainstream Schools (even if they don't consider themselves to be artistically inclined)."

School Rubric



2020

"Generalist Teachers Using the Arts as a Pedagogical Tool to Support Students with Exceptionalities in Inclusive Educational Settings."

Canadian Music Educator Journal, 62(1), 40 to 47.



SELECTED PROFESSIONAL LEARNING

Math

- Dr. Peter Liljedahl** - *Building Thinking Classrooms®*
- Dr. Jo Boaler** - *Mathematical Mindsets*

Inquiry

- Trevor Mackenzie** - *Assessment for Inquiry*
- Kath Murdoch** - *The Inquiry Cycle*
- Dr. Misty Paterson** - *Teaching Through Inquiry*

Literacy

- Erin Kent Associates** - *Planning Engaging Reading Units and Assessment of Reading*
- Matt Glover** - *Engaging Young Writers*

IB Professional Learning

- PYP Making the PYP happen: Implementing Agency Cat 1**

Service Learning

- Cathryn Berger Kaye** - *Advancing Service Learning*

Inclusion and Wellbeing

- Conscious Discipline®**
- Responsive Classroom®**

PROFESSIONAL LEARNING FACILITATION

PANYADEN INTERNATIONAL SCHOOL, Thailand

Facilitated professional learning for my colleagues on the topics:

- Using Toddle for team planning and resource sharing
- Using Toddle for digital student portfolios

QUEEN'S UNIVERSITY, Faculty of Education, Canada

Invited Guest Lecturer and Professional Learning Facilitator

Delivered sessions for Bachelor of Education and Master of Education students in areas including:

- Classroom and behaviour management for at-risk adolescents and young adults
- Speech and language needs among students with exceptionalities
- Social and emotional influences on student behaviour
- Classroom management strategies
- Emotional Literacy and The Zones of Regulation®

CHILTERN WAY ACADEMY, United Kingdom

Facilitated professional Learning for my colleagues on the topics:

- Using The Zones of Regulation® to develop emotional literacy
- Using Numicon® to support learners experiencing difficulty in math

COMMUNITY ENGAGEMENT



Music Monday Project Lead
The Coalition for Music Education Canada

I organized two live music events at public schools to inspire over 1000 students to pursue music education.



Arts Education Consultant
Canadian Council for the Arts

I created music education programs for professional musicians to work within schools.



Community Coordinator
The Canadian Network for Arts and Learning



Youth4Music Virtual Summit Lead
The Coalition for Music Education Canada

SELECTED LEADERSHIP

- President**, Education Graduate Student Society, *Queen's University*
- Faculty Assistant** for Academic Success to the Dean of the Faculty of Education *Queen's University*

SELECTED AWARDS AND DISTINCTIONS

- The Mayor's Civic Youth Volunteerism Award**, The City of Kingston (2018)
- Dean's Honour List**, Queen's University (2018, 2020, 2021)
- Walter E. Light Fellowship**, Queen's University (2019)