

# Outline

## Basic Neuroscience for Kids

Tame the amygdala for emotional regulation  
Feed the hippocampus for enhanced learning  
Exercise the prefrontal cortex for responsiveness  
Teach neuroplasticity in an understandable manner

## Classroom Implementation

Introduce the concept of mindfulness to students on day 1  
Achieve buy-in from skeptics of mindfulness  
Best times to implement during the day  
Ideal amount of time for daily practice in your classroom  
Tips for successful practice that meets the needs of your class and your teaching style  
10 simple strategies to use during transitions

## Experiential Activities

The 5 senses - paying attention on purpose  
Responding vs reacting  
Self-compassion and compassion for others

Questions? Call customer service at  
**800-844-8260**

## Hands-on - Make Mindfulness Happen

Create a "Mindfulness Zone" in your classroom  
Books and technology options for your school  
Curriculum with step-by-step mindfulness activities for an entire school year

## Create a Mindful School Community

5-step plan that focuses on students, teachers, parents, and community members  
"Get curious, not furious" - mindfulness practices as alternatives to punitive consequences  
Strategies to incorporate into homework, mealtime and bedtime  
Collaborate with community organizations  
Create a communication tool to be shared with staff, families & community  
Create a sustainable model

## Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (*on your own*)  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



Shame Shields

**BRENÉ BROWN, Ph.D.**  
1 CE HOUR

**HURRY** OFFER EXPIRES  
September 15, 2018

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# Mindfulness for the Classroom and School Community

## Powerful Strategies to Improve Social Emotional Learning

Peabody, MA  
Wednesday, October 17, 2018

Woburn, MA  
Thursday, October 18, 2018

Dedham, MA  
Friday, October 19, 2018



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# Mindfulness for the Classroom and School Community

## Powerful Strategies to Improve Social Emotional Learning

- "Get curious, not furious - replace punitive consequences with mindfulness"
- Create "mindfulness zones" in your classroom
- 10 simple strategies to use during transitions
- Build inner-confidence and improve self-awareness



RESERVE YOUR SPOT TODAY!

Peabody, MA  
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Dedham, MA  
Friday, October 19, 2018



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# Objectives

1. Implement easy to use, tactile-rich and sensory focused ways teach mindfulness to kids.
2. Choose 5 ways mindfulness helps foster social and emotional learning.
3. Compile tactile and kid-friendly mindfulness strategies to build inner-confidence.
4. Communicate the benefits of mindfulness on rewiring the brain and how to best teach brain science to kids.
5. Devise ways to "get curious, not furious" with students by becoming more aware of root causes of behavior.
6. Develop 10 simple strategies to implement during transitions such as home to school, and class to class.
7. Determine 5 ways to support self-care for teachers.
8. Design a 5-step plan to create a mindful school community.

Target Audience: Teachers • Administrators • Psychologists • Counselors • Social Workers • Marriage and Family Therapists • Speech-Language Pathologists • Occupational Therapists • Paraprofessionals



# Mindfulness for the Classroom and School Community

Feeling like you've hit a brick wall when it comes to your most challenging students? You've tried every strategy known to man, to little or no avail. The outbursts of anxiety, anger and other means of acting out continue.

What if the "strategy" was a whole lot simpler than you could imagine?

We've all heard of mindfulness, but it's time to learn what that means and how it applies to a classroom setting.

Join mindfulness specialist, James Butler, M.ED., in this exciting, engaging and experiential seminar. Mr. Butler will share the tools he spent 14 years developing and teach you how to integrate a mindfulness routine into your busy school schedule.

Through 1-5 minutes of daily mindfulness practices, your students will be able to name their feelings, and use their words in a clear-minded manner to solve problems. Kids will understand how to make their amygdala less active, and increase the activity of their hippocampus and prefrontal cortex leading to better emotional regulation and behavior in the classroom.

In this seminar, learn how to:

- Create a more responsive and less reactive classroom
- Foster self-compassion and compassion for others
- Develop a mindful classroom that fits into your busy school schedule
- Increase self-management and self-awareness
- Stay calm during stressful teacher moments
- Explain to colleagues the importance of social and emotional growth through mindfulness

Come enjoy this experiential day to truly transform your classroom and your school!

## Speaker

**JAMES BUTLER, M.ED.,** is the mindfulness specialist for the Austin Independent School District (TX). Working in the Social and Emotional Learning Department, James has helped establish mindfulness in over 100 AISD schools. He has been leading mindfulness in classrooms from Pre-K through 12th grade, presenting workshops for teachers of all levels, sharing with parents/guardians, integrating mindfulness into high school athletics, and beginning programs where schools use mindfulness as a substitute for detention/suspension. In 2014, James was named as the Austin Independent School District Teacher of the Year. In 2015, he developed a pilot program for mindfulness in elementary schools. James turned that pilot program into a curriculum titled Mindful Classrooms: 5 Minute Daily Practices to Empower Teachers and Students that is now being used in 500 classrooms and camps in TX, OH, DE, MT, and Dubai. He recently wrote a children's book titled *Mindfulness Is* that aligns with the curriculum.

Speaker Disclosures:

Financial: James Butler is the founder and author of Mindful Classrooms. He receives a speaking honorarium from PESI, Inc.

Non-financial: James Butler has no relevant non-financial relationship to disclose.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

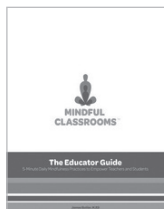
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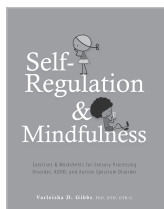
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### Mindful Classrooms: The Educator Guide

By James Butler, M.Ed. **YOUR PRESENTER**

*Mindful Classrooms* is a 36 week guide outlining how to utilize mindfulness in the classroom through five different facets of mindfulness: stretching, breathing, listening, seeing, and eating. It is written by a former Pre-K teacher and Austin ISD Teacher of the Year based on experience using mindfulness in his classroom. There are scripts, photos, and different Social and Emotional Learning topics to focus on each week. Mindful Classrooms makes implementing mindfulness into your daily routine with students easy and understandable for the teacher and students. Teachers, administrators, family members and students who have used Mindful Classroom have found it to have a profound impact on their lives in the classroom and at home.



### Self-Regulation and Mindfulness

By Varleisha Gibbs, OTD, OTR/L

Nationally known OT, Dr. Varleisha Gibbs has created a ground-breaking resource for addressing self-regulation in children. This workbook is filled with mindfulness techniques, hands-on activities, worksheets, assessments, exercises and coloring pages to engage the child in their own success.

Step-by-step Dr. Gibbs provides you with clear, concise and evidence-based strategies for treating children with sensory processing disorder, autism spectrum disorder, ADHD and similar developmental challenges.

## LIVE SEMINAR & WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. **NOTE: Boards do not allow credit for breaks or lunch.**

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**COUNSELORS:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MASSACHUSETTS COUNSELORS:** Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LMHC CE certification.

**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

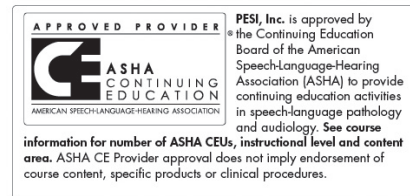
**MASSACHUSETTS SCHOOL PERSONNEL:** This course may be applicable for 6.25 Professional Development Points toward your Professional Development Plan per the Massachusetts Department of Education recertification guidelines; check with your licensing authority for more information.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS:** This course has been submitted for review for continuing education approval. Credit is pending.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**PSYCHOLOGISTS:** This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.



**SPEECH-LANGUAGE PATHOLOGISTS:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

### TUITION OPTIONS

- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
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**Mindfulness for the Classroom and School Community: Powerful Strategies for Social Emotional Learning**  
 \_\_\_ Seminar on DVD\* (video) \$199.99 (RNV053290)  
 \_\_\_ Seminar on CD\* (audio) \$169.99 (RNA053290)  
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