

2-Day Experiential Workshop

Activity-Based Mindfulness For Kids

Working in a classroom or a clinic can be overwhelming and exhausting. As the level of children's distress and needs increase so do competing demands from parents and administrators.

This vicious cycle wears down teachers and clinicians while fueling stress, frustration, conflict, and disappointment for children and caregivers alike.

Join mindfulness expert, Susan Kaiser Greenland to show you how activity-based mindfulness beats this depleting cycle by developing six crucial life skills that lead to:

- Stronger attention
- Greater emotional intelligence
- Enhanced self-regulation
- Strengthened compassion for self and others

Effective, brief, yet authentic, mindful activities build lasting psychological strengths while offering moments of calm in the classroom and clinic, even when stress and strong emotions run high.

You'll learn to foster six essential life skills – *Quieting, Focusing, Seeing, Reframing, Caring & Connecting* - using mindful games that have been empirically tested for over 15 years with thousands of children. Using mindful activities will strengthen and support how you communicate and teach while helping kids and caregivers alike develop mind-body awareness, compassionate life skills, and manage stress.

***The Mindful Child:* “One of the best books on mindfulness for kids that I have read. Practical and accessible. You can feel Susan’s years of experience and dedication.”**
— Jack Kornfield, PhD



Susan Kaiser Greenland

is an internationally recognized leader in teaching mindfulness and meditation to children, teens, and families. She played a foundational role in making mindfulness practices developmentally appropriate for young people and helped to pioneer activity-based mindfulness with her first book *The Mindful Child*. Her second book *Mindful Games*, offers simple explanations of complex concepts, methods, and themes while expanding upon her work developing activity-based mindfulness games.

Susan worked as a corporate lawyer from 1988 to 2005. During that time, she developed the Inner Kids model while volunteering in public schools teaching secular mindfulness. Inner Kids is a hybrid of classical mindfulness and meditation practices that have been adapted for children, and one of the first mindfulness programs in education.

Susan and her husband, the author Seth Greenland, founded The Inner Kids Foundation, a not-for-profit organization that taught secular mindfulness in schools and community-based programs in the greater Los Angeles area from 2001 through 2009. She eventually left her law practice to work with children, teachers, and parents full-time.

Susan was on the clinical team of the Pediatric Pain Clinic at UCLA Mattel Children's Hospital, co-investigator on several UCLA research studies on the impact of mindfulness in education, and a collaborator on an investigation of mindful eating for children and caregivers. Research on the Inner Kids elementary school program has been published in the *Journal of Applied School Psychology*. In 2006, Susan was recognized as a “Champion for our Children” by First 5 LA, the largest and most influential children's advocacy group in Los Angeles.

Speaker Disclosures:
Financial: Susan Kaiser Greenland is an author and receives royalties. She receives a speaking honorarium from PESI, Inc.
Non-financial: Susan Kaiser Greenland is a board member of the Fdn for a Mindful Society.

***The Mindful Child:* “A superb and imaginative distillation of the essence of mindfulness made available to children, parents, and teachers in age-appropriate, wise, and playful ways.”**

— Jon Kabat Zinn, PhD

Target Audience:

Educators • Counselors • Social Workers • Psychologists • Therapists
Marriage & Family Therapists • Speech-Language Pathologists • Occupational Therapists
Occupational Therapy Assistants • Nurses • Other Mental Health Professionals

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2-Day Experiential Workshop

Activity-Based Mindfulness For Kids

Teach Attention, Emotional Balance & Compassion in Schools and Clinics

Nanuet, NY

Thursday & Friday
January 31 - February 1, 2019



REGISTER NOW:
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Activity-Based Mindfulness For Kids

Teach Attention, Emotional Balance & Compassion in Schools and Clinics



Presenter:

Susan Kaiser Greenland

Pioneer in bringing mindfulness to young children, international presenter and author of *The Mindful Child* and *Mindful Games*

Nanuet, NY

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“Susan offers us a powerful means for utilizing science-proven ways to strengthen a child or teen’s mind by supporting the development of their brains and interpersonal relationships.”

— Daniel J. Siegel, M.D.

Outline

INTRODUCTION:

An Exploration of the Inner Kids Model and Activity-Based Mindfulness

A fun, pragmatic approach to mindfulness and meditation using games to develop six essential life skills:

Quieting
Focusing
Seeing
Reframing
Caring & Connecting

Experience mindful games: lecture, demonstrations and dyads

DEMONSTRATIONS AND ROLE PLAY IN SMALL GROUPS

Quieting: Calming and Self-Regulation

Explore mindful strategies to:

Develop restraint
Release nervous energy
Calm and self-soothe

Experience a mindful activity:

A Cooling Out-Breath, Shake It Up, and Gratitude Walk

Focusing: Attention and Concentration

Explore mindful strategies to develop:

Concentration
Help kids ignore distractions
Build steady, flexible attention

Experience mindful games/activities:

Mindful Breathing, Counting Breaths, Tic-Toc, Slow and Silent Walking, and Visualizations

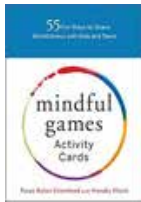
“Susan Kaiser Greenland has played a foundational role in making mindfulness practices developmentally appropriate for young people.”

— Chris McKenna, Program Director, Mindful Schools

Objectives

1. Present an introduction to the theory and practice of mindful awareness in the classroom and the clinic.
2. Teach practical, mindful tools that can be applied in your professional work with children, teens and families.
3. Observe demonstrations of mindful games that develop attention, emotional balance and compassion
4. Explore age-appropriate, secular, mindful games and activities from the perspective of a child or teenager in small groups through role-play.
5. Discern the connections between mindfulness, stress-reduction, attention, regulating emotion, regulating behavior, and learning.
6. Determine ways to integrate mindfulness into existing programs and/or routines.
7. Illustrate mindful awareness and its general applications in psychology and education.
8. Present the Inner Kids evidence-based model and how it supports education and psychotherapy settings.
9. Explore ways to integrate mindful life-skills into personal and professional life for self-care.
10. Compile mindful strategies to ignore distractions & build flexible attention.
11. Design mindful games and develop perspective talking.
12. Build authentic mindful games for lasting psychological strength.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

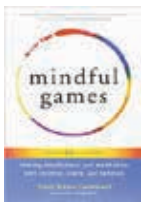


Mindful Games Activity Cards

55 Fun Ways to Share Mindfulness with Kids and Teens

By Susan Kaiser Greenland, JD - **Your presenter!**

A deck of 55 mindfulness games for kids that takes a playful approach to developing attention and focus, and identifying and regulating emotions—by the author of *Mindful Games* and *The Mindful Child*.



Mindful Games

Sharing Mindfulness and Meditation with Children, Teens, and Families

By Susan Kaiser Greenland, JD - **Your presenter!**

A playful approach for cultivating mindfulness in kids, with sixty simple games to develop attention and focus, and identify and regulate emotions—by the author of *The Mindful Child*.



The Mindfulness Skills Activity Book for Children

By Mitch R. Abbett, Ph.D. and Christopher Willard, Psy.D.

Inside this book you'll find dozens of activities, games, exercises, and puzzles to help the kids in your life: Increase focus and concentration; Build calm and beat stress; Come together as a group; Learn to hang in with challenges; Get excited about what's happening right here and right now!



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 \$60 cancel fee. Substitutions are permitted at any time.

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Live Workshop Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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 cpes@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 12.5 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.

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EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

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OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of



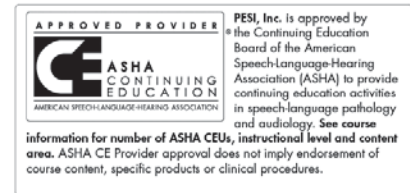
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continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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OTHER PROFESSIONS: This activity qualifies for 760 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.

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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.

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• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: 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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Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.



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