

Help Your Students Develop Self-Regulation Skills to Improve Behavior and Increase Learning (Grades K-6)



One-Day Live Online Seminar Presented by **KATHY MORRIS**
Outstanding Teacher and National Presenter

**Designed Specifically for Educators Serving Grades K-6:
Classroom Teachers, Special Education Teachers and Staff, Counselors,
Instructional Aides, Title I Staff, and Administrators**

- **Dozens of proven techniques** to develop SELF-REGULATION SKILLS to help your grades K-6 students be more successful in school and with online learning, both socially and academically
- **Practical interventions** to help students better control impulsive behavior due to lack of self-regulation skills, increase their attention and focus, and decrease distractibility
- **Strategies to address completing work**, getting organized, changing routines, regulating emotions, following directions, calming down, and much more!
- **Demonstrations, activities, examples**, and a comprehensive digital resource handbook you can begin using immediately with your students in the classroom or distance learning setting

LIVE ONLINE SEMINARS

January 11

9 AM Pacific, 12 PM Eastern,
11 AM Central, 10 AM Mountain

January 12

9 AM Central, 10 AM Eastern,
8 AM Mountain, 7 AM Pacific

January 13

9 AM Eastern, 8 AM Central,
7 AM Mountain, 6 AM Pacific

CAN'T ATTEND?

Order the recorded version and take the course online at your convenience (see page 6)

CEUs and Graduate Credit Available
See page 6 for details

“ *Great information that can be used at all grade levels with many different behaviors. Thank you!*”

– MARJ GROSETH, K-6 TEACHER

Practical Strategies

Do you have students who have trouble getting along with others, don't know how to appropriately interact with their peers, have a hard time starting and finishing work, don't like to change routines, have anxiety that interferes with their ability to focus, and/or can't seem to regulate their emotions? All of these behaviors may be attributed to the lack of skills needed to self-regulate. Some students come to us knowing how to recognize and control these emotions, but many do not. The need for student self-regulation is even more amplified in the online learning environment. This research-based seminar will help you teach students who have self-regulation deficits to begin to recognize and control their emotions and actions. You will learn strategies that you can use immediately to teach your K-6 students who lack the skills required to think before they act.

Don't miss this day filled with practical strategies you can teach your students in the way they learn best and will give them tools to self-regulate their behavior!



Ten Key Benefits of Attending

- 1. Practical Strategies to Help Students Develop Self-Regulation Skills to Increase School Success or Online Learning**
Reduce behavior problems that interfere with learning while increasing skills to support learning ... Practical strategies you can use tomorrow
- 2. Build Skills to Help Students Self-Regulate Their Thinking, Emotions and Behavior**
Ideas for focusing attention, staying on task, ignoring distractions, limiting impulsivity, planning and following through, following directions, taking turns, and communicating more effectively
- 3. Reduce Anxiety that Leads to Problem Behaviors**
Students lacking self-regulation skills often experience anxiety which inhibits their ability to think in an organized and clear way ... Learn ways to alleviate anxiety so students can focus their energy on learning ... Specific strategies that work in your classroom or online environment
- 4. Critical Components of a Proactive Classroom**
Implement effective classroom management strategies to help students develop self-regulation skills ... Ideas you can use that will make a difference
- 5. How Traditional Management Systems May Exacerbate Problem Behaviors**
Find new ways to address problem behaviors and teach acceptable replacement behaviors ... Discover the difference between punitive consequences and instructional consequences
- 6. Work with Students with Special Needs, In-Person or Online**
How to apply intervention strategies with your students with special needs ... Learn strategies to address individual student needs that work well within your whole class or online routines
- 7. Utilize Current Brain Research – How Young Brains Function and What You Can Do**
Make the most of what we know about the brain and learning ... Practical application of brain research and how using what we know makes a significant difference in student behavior and learning
- 8. Problem-Free Transitions**
Learn easy visual and auditory cues to help students make problem-free transitions ... Strategies you can use to see immediate results
- 9. Use Apps and Technology that Address Specific Behavior Needs**
Discover apps for mobile devices that can be used by students to calm and reinforce learning self-regulation skills ... Ideas you won't want to miss!
- 10. Ideas, Ideas and More Ideas – Specifically for Grades K-6 Students**
Multiple activities, strategies and tools that will support your students who have difficulty self-regulating their behavior at school or online ... Receive an extensive digital resource handbook designed specifically for this seminar

Outstanding Strategies You Can Use Immediately

- **Practical strategies to address self-regulation deficits** that prevent students from being successful in school and with online learning, both socially and academically
- **Teach students self-regulation skills** that work to change their behavior
- **Practical behavior supports and interventions** for students in inclusive classrooms and virtual learning environments
- Techniques to **support students who struggle with focusing on tasks**
- **Prevent meltdowns** in students with sensory needs who may overreact to stimuli
- **Strategies to teach appropriate behavior** through instruction, practice, feedback, and encouragement
- Practical strategies to **de-escalate frustration and increase tolerance**
- Systematic, **step-by-step techniques for teaching rules** for classrooms, breakout rooms, or other learning environments
- Motivate students to **transition from a desirable activity to a non-preferred activity**
- **Use technology in meaningful ways** – make the best use of apps and mobile devices
- **Goal-setting tools and self-monitoring techniques** that make a positive difference in both learning and social skills
- Specific strategies to **teach students to regulate their thinking, emotions and behavior**
- Innovative ideas for **making adjustments in the classroom** environment
- Ways to **prevent conflict between students** and how to help them problem solve
- **Help your most difficult students** achieve daily successes whether they are learning in-person or online

“*This seminar introduced many practical strategies that I will implement immediately in my classroom!*”

– TARA HILGERT, TEACHER



**To Register,
Call Toll-Free**

1-800-735-3503

A Message From Seminar Leader, Kathy Morris



Bureau of Education & Research

915 118th Avenue SE • PO Box 96068 • Bellevue, WA 98009-9668
Phone (800) 735-3503 • Fax (425) 453-1134 • www.ber.org

Dear Colleague:

We don't admonish our students if they don't know how to read, write or do math. Rather, we teach, reteach, practice, and review with them. Yet, on a daily basis, students are directed to behave rather than guided through the process of what behaving, or self-regulating, means and how they can begin to act in ways that will get them what they really want in school – success, both socially and academically and in-person or online.

We know, through research, that each brain develops differently and that self-regulation of emotions and actions may not come naturally to all students, and in many cases, students need to be taught these skills using some of the same strategies we use to teach reading, writing and math. That is what this seminar is all about! I will share dozens of ideas you can use to help all your students be more successful socially and academically, in and outside of school. Included throughout the day will be creative ways to reduce impulsive, negative behaviors and to help students think and even plan, before acting! We will cover skills to help students become more organized, begin and finish tasks, follow directions, and communicate more effectively with peers and teachers.

By the end of our day together, you will realize these strategies will help all the students in your classroom. My goal is to give you a plethora of strategies so you can empower your students to problem solve and become more independent in using self-regulation skills.

I look forward to meeting you and sharing specific strategies that you can implement immediately to reduce problems due to students' lack of self-regulation skills and help them become independent and successful in school.

Sincerely,

Kathy Morris

P.S. You will leave with **dozens of practical ideas and an extensive digital resource handbook** to help you implement the strategies in your grades K-6 classroom or online teaching environment!

“ I will share dozens of ideas you can use to help all your students be more successful socially and academically, in and outside of school.”

What Your Colleagues Say About Kathy Morris

“Wish I had attended this seminar sooner! Kathy provided so many useful strategies to manage behavior in the classroom. I have much to share with my colleagues!”
– Kelly Moore-Finley, Personal Care Aide

“Thank you for the beneficial techniques to use immediately in my classroom. The examples and scenarios have given me many perspectives to consider in my instruction.”
– Alyssa Pisauro, Special Education Teacher

“Awesome! Cannot wait to pass all this information on to my peers and implement it with my students!”
– Beth Duret, 2nd Grade Teacher

“Kathy is energetic, enthusiastic and encouraging. She has real-life experience with this topic and is so willing to share and help others be understanding of all students.”
– Jani Giaquinto, 1st Grade Teacher

About BER Live Online Seminars

With the current health challenges, all BER in-person PD events are currently being presented in a Live Online format:

Outstanding Instructors

All programs are led by outstanding BER national trainers

Extensive Resource Handbooks

You'll have access to an extensive digital resource handbook before, during and after your seminar

Highly Interactive

You'll be able to ask questions in real time and interact with the instructor and other participants

Program Guarantee

As we have for 43 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Uniquely Qualified Instructor

Kathy Morris has been a teacher and a consultant for behavior disorders and developing self-regulation skills for more than 30 years. She has provided assistance and seminars to educators and entire schools throughout the United States. She was named “Outstanding Educator of the Year” in her state and has served as Advisor to the President’s Commission on Special Education. Kathy knows what works with students who have difficulty monitoring and adjusting their behaviors, and as a result, have meltdowns, find it hard to get along with others, are unorganized, and lack problem-solving skills. She will give you specific and doable strategies to help these students develop self-regulation skills that make school and learning a more positive experience. You will also receive the extensive digital resource handbook Kathy wrote specifically for this seminar, *Help Your Students Develop Self-Regulation Skills to Improve Behavior and Increase Learning (Grades K-6)*, that is filled with student-proven ideas and strategies you will be able to immediately apply or adapt to fit your student and classroom needs.

Spending the day with Kathy is an inspirational opportunity, filled with practical, creative and ready-to-use strategies and ideas for supporting your students who need to develop self-regulation skills to improve their behavior and success in school. **You will leave with specific ideas and strategies you can implement immediately!**



Special Benefits of Attending



Who Should Attend

Classroom Teachers, Special Education Teachers and Staff, Counselors, Instructional Aides, Title I Staff, and Administrators

“*This was a wonderful seminar. I learned so much to help my students who struggle with self-regulation skills!*”

– LAURIE STEEHLER, 1ST GRADE TEACHER

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook specifically designed for this seminar. The handbook includes:

- Examples demonstrating instructional consequences rather than punitive consequences whether working with students at school or online
- Strategies to de-escalate and defuse meltdowns
- Examples of organizational supports, self-management forms and self evaluations, and transition helpers
- Movement strategies that promote oxygenating the brain for clearer thinking
- Communication supports to aid students who exhibit anxiety issues

Consultation Available

Kathy Morris will be available to answer your specific questions and the unique needs of your own program.

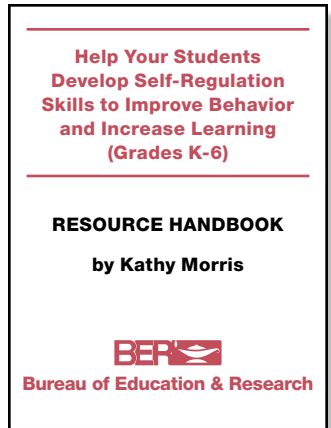
Meet Inservice Requirements / Earn State CEUs

Participants of both the Live Online Seminar and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. In addition, state CEUs are available for both versions of the course. For details, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.



Can't Attend?

Other Professional Development Options:

Recorded Version of the Seminar

This course will be video recorded and available to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. Optional CEUs and graduate credit available. To enroll, see registration form on page 7.

Related On-Demand Online Courses

Two related On Demand Video-Based Online Learning courses, *Discipline Strategies for Dealing with Challenging, Difficult Students*, for Grades K-2 and Grades 3-6, and *Decrease Attention-Getting and Tantrum Behaviors: Practical Solutions*, for Grades PK-2, are available for immediate registration.

To enroll, visit www.ber.org/online

Help Your Students Develop Self-Regulation Skills to Improve Behavior and Increase Learning (Grades K-6)

Registration (DSY1W1)

- 1. **January 11, 2021** (Start time: 9 AM Pacific)
- 2. **January 12, 2021** (Start time: 9 AM Central)
- 3. **January 13, 2021** (Start time: 9 AM Eastern)
—or—
- 4. **I'd like to order the recorded version of this seminar**

FIRST NAME	M.I.	LAST NAME
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
SEMINAR LOCATION NUMBER: _____ (Please see list above)		
List additional registrants on a copy of this form		
SCHOOL NAME		
SCHOOL MAILING ADDRESS		
CITY & STATE	ZIP CODE	
SCHOOL PHONE NUMBER	HOME PHONE NUMBER	
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Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)		
HOME MAILING ADDRESS		
CITY & STATE	ZIP CODE	

IMPORTANT: PRIORITY ID CODE EDSY1W1

METHOD OF PAYMENT – Group Discount Available

The registration fee is \$279 per person, for groups of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash please.

- A check (payable to **Bureau of Education & Research**) is attached
- A purchase order is attached, P.O. # _____
(Be sure to include priority ID code on the P.O.)
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Please print name as it appears on card Signature (required for credit card purchases)

FOUR EASY WAYS TO REGISTER:

-  REGISTER ONLINE at: www.ber.org
-  FAX this form to: **1-425-453-1134**
-  PHONE toll-free: **1-800-735-3503** (Weekdays 5:30 am - 4 pm Pacific Time)
-  MAIL this form to: **Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

PRE-REGISTRATION REQUIRED DUE TO LIMITED ENROLLMENT

Program Hours

- All Live Online seminars start times are described on the cover
- Check-in 15 minutes prior to the seminar
- Live Online seminars are five hours in length plus breaks
- Registrants will receive login information by email four days before their Live Online seminar

Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

Cancellations/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the conference. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at www.ber.org. The Bureau is North America's leading presenter of PD training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.



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Develop Students' SELF-REGULATION Skills to Increase Learning (Grades K-6)

Practical PD, No Travel

- An outstanding one-day Live Online Seminar
- Includes an extensive digital Resource Handbook
- Can't Attend? A Recorded Version is available to use online at your convenience

DSY1W1

Help Your Students Develop Self-Regulation Skills to Improve Behavior and Increase Learning (Grades K-6)



A Unique One-Day Live Online Seminar

(Also available as a Recorded Online Version to Use at Your Convenience)

Proven techniques to develop SELF-REGULATION SKILLS to help your grades K-6 students be more successful in school and with online learning

Practical interventions to help students better control impulsive behavior due to lack of self-regulation skills and increase their attention and focus

Strategies to address completing work, getting organized, changing routines, regulating emotions, following directions, calming down, and much more!

Demonstrations, activities, examples, and a comprehensive digital resource handbook



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