

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



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, 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 much more, including a comprehensive resource handbook you can begin using immediately with your students

## 2019 SCHEDULE

### Illinois

**Chicago North – April 24**

(Elk Grove Village)

**Chicago South (Alsip) – April 26**

**Rockford – April 25**

5 IL PD Clock Hours Available

### Massachusetts

**Boston (Natick) – February 25**

Contact Hours Verification Available

CT Five (5) Contact Hours Available  
with Prior District Approval

RI Five (5) Contact Hours Available

### Michigan

**Detroit (Romulus) – April 23**

MI SCECH Available (5 Hours)

### New Jersey

**Cherry Hill – March 1**

**Long Branch (Freehold) – February 28**

**Newark (West Orange) – February 27**

NJ Professional Development Hours  
Available with Prior District Approval

PA CPE Hours Verification Available  
with Prior District Approval in Cherry Hill

### Ohio

**Columbus – April 22**

OH CEUs Available with District Approval

### Rhode Island

**Providence (Warwick) – February 26**

RI Five (5) Contact Hours Available

CT Five (5) Contact Hours Available  
with Prior District Approval

For MA, Contact Hours Verification Available

## 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. 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 dozens of strategies that you can use immediately to teach your K-6 students who lack the skills required to think before they act. Ideas for simple, yet highly effective visual cues, ways to talk about behavior and thinking, along with positive intervention strategies when you need to address problem behaviors, will all be shared.

**The bottom line is, you won't want to 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**  
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
- 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**  
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 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 ... Receive an extensive 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, 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
- 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** in the classroom
- 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

“ *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](http://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.

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,

A handwritten signature in cursive script that reads "Kathy R. Morris".

Kathy Morris

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

“*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

***“Very informative and helpful! I can’t wait to start using these strategies tomorrow!”***  
– Candi Lund, Kindergarten 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

***“I learned so much! My head is full of great ideas from this seminar! Thank you!”***  
– Jim Huberty, Success Coach

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

***“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

***“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

***“Great strategies! I’m excited to implement them tomorrow!”***  
– Shannon Bruskiwicz, Behavior Specialist

***“This was a wonderful seminar. I learned so much to help my students who struggle with self-regulation skills!”***  
– Laurie Steehler, 1st Grade Teacher

## 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 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!**



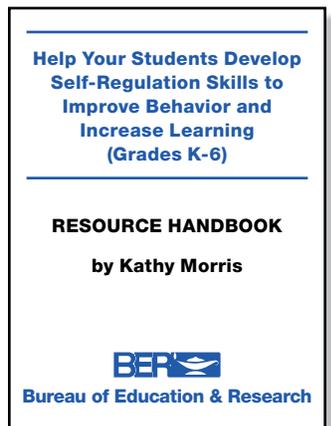
# Special Benefits of Attending



## Extensive Resource Handbook

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

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



## Meet and Share

This seminar provides participants a wonderful opportunity to meet and share ideas with other educators interested in developing self-regulation skills to improve behavior and increase their grades K-6 students' learning.

## Consultation Available

Kathy Morris will be available at the seminar for consultation regarding your questions and the unique needs of your own program.

## 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.

## Meet Inservice Requirements

At the end of the program, each attendee will receive a certificate of participation that may be used to verify hours of participation in meeting continuing education requirements.

## Who Should Attend

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

## Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at [www.ber.org/onlinelearning](http://www.ber.org/onlinelearning)

## On-Site Training

Most BER seminars can be brought to your school or district. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Can't Attend? Other Professional Development Options:

### Related Online Courses

Related On Demand Video-Based Online Learning courses, *Discipline Strategies for Dealing with Challenging, Difficult Students*, for Grades K-2, Grades 3-6, and Grades 6-12, are available for immediate registration.

To enroll, visit [www.ber.org/onlinelearning](http://www.ber.org/onlinelearning)

### Related Staff Development Audio Seminar

A related BER seminar, *Practical Strategies for Working Successfully with Difficult Students (Grades K-12)*, presented by another discipline expert, Dr. Jane Bluestein, is available on CDs with a comprehensive resource handbook at a cost of \$99.00 plus \$9.00 shipping and handling. To order, call toll-free 1-800-735-3503 (**Stock #A-DJB-2022**) or use the order form on page 7.

Please visit [www.berproducts.org/audio-seminars.html](http://www.berproducts.org/audio-seminars.html) for more information.

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

## Registration (DSY9S1)

- 1. **Boston** (Natick), **MA** – February 25, 2019
- 2. **Cherry Hill**, **NJ** – March 1, 2019
- 3. **Chicago North** (Elk Grove Village), **IL** – April 24, 2019
- 4. **Chicago South** (Alsip), **IL** – April 26, 2019
- 5. **Columbus**, **OH** – April 22, 2019
- 6. **Detroit** (Romulus), **MI** – April 23, 2019
- 7. **Long Branch** (Freehold), **NJ** – February 28, 2019
- 8. **Newark** (West Orange), **NJ** – February 27, 2019
- 9. **Providence** (Warwick), **RI** – February 26, 2019
- 10. **Rockford**, **IL** – April 25, 2019

FIRST NAME	M.I.	LAST NAME
_____		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
_____		
SEMINAR LOCATION NUMBER: _____ (Please see list above)		
SCHOOL NAME		
_____		
SCHOOL MAILING ADDRESS		
_____		
CITY & STATE	ZIP CODE	
_____		
SCHOOL PHONE NUMBER	HOME PHONE NUMBER	
( )	( )	

**Registration confirmations are sent via e-mail.**  
If you would like a confirmation, please provide your e-mail address.

E-MAIL ADDRESS		
_____		
HOME MAILING ADDRESS		
_____		
CITY & STATE	ZIP CODE	
_____		

## IMPORTANT: PRIORITY ID CODE EDSY9S1

### METHOD OF PAYMENT

The registration fee is \$259 per person, for groups of three or more registering at the same time, the fee is \$239 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.)
  - Charge my:     MasterCard     VISA     Discover
- Account # \_\_\_\_\_ Exp. Date: \_\_\_\_\_ MO/YR
- Billing Zip Code: \_\_\_\_\_ 3 Digit CVV Code: \_\_\_\_\_ (Found on back of card)
- \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_
- 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](http://www.ber.org)
-  FAX this form to: **1-425-453-1134**
-  PHONE toll-free: **1-800-735-3503** (Weekdays 6 am - 6 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 seminars are scheduled 8:30 a.m. - 3:15 p.m.  
Check-in 8:00 a.m. - 8:30 a.m.

## Fee

The registration fee is \$259 per person, \$239 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.** No cash please. Fee includes seminar registration, morning coffee and tea, a personalized certificate of participation, and an extensive resource handbook.

## Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Boston: Hampton Inn – Natick, (508) 653-5000
- Cherry Hill: Holiday Inn, (856) 663-5300
- Chicago North: Holiday Inn – Elk Grove Village, (847) 437-6010
- Chicago South: DoubleTree – Alsip, (708) 371-7300
- Columbus: DoubleTree Columbus Worthington, (614) 885-3334
- Detroit: Hilton Garden Inn – Airport, (734) 727-6000
- Long Branch: American Hotel – Freehold, (732) 431-3220
- Newark: The Wilshire Grand Hotel – West Orange, (973) 731-7007
- Providence: Radisson – Airport, (401) 739-3000
- Rockford: Hilton Garden Inn, (815) 229-3322

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

## 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 seminar. Late cancellations can exchange for a certificate to attend another seminar or will be refunded less a \$15 service fee. Substitutions may be made anytime without charge.

## 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.

## Can't Attend

- I'd like to order the CD version of the related seminar, *Practical Strategies for Working Successfully with Difficult Students (Grades K-12)*, by Dr. Jane Bluestein, \$99.00 plus \$9.00 shipping (**Stock #A-DJB-2022**).



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

- **Best Practices to Help Your Students Develop SELF-REGULATION Skills to Increase Learning**
- **A Unique One-Day Seminar**
- **Coming to a Location Near You**

DSY9S1

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



### A Unique One-Day Seminar Coming to a Location Near You

**Proven techniques** to develop SELF-REGULATION SKILLS to help your grades K-6 students be more successful in school

**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 much more, including a comprehensive resource handbook



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