

Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors



A Unique One-Day Seminar Presented by

MaryAnn Brittingham

Outstanding Author, Educator and National Presenter

**Specifically Designed for Classroom Teachers, Counselors,
Instructional Specialists and Coaches, Special Education Staff, Title
I Staff, Behavior Intervention Specialists, Instructional Assistants,
and Administrators Serving Grades K-12**

Incorporate MINDFULNESS strategies and activities to better focus students' attention, regulate emotions and reduce anxiety that can cause challenging behaviors

Practical strategies for helping your students **develop the social and emotional skills** to increase learning and productive behavior

Help students better manage personal frustrations, reduce anxiety and impulsive behaviors ... work constructively toward personal and academic goals

Why **MINDFULNESS is so relevant** and how it will greatly benefit all your students

Illinois

Chicago North – October 28
(Elk Grove Village)

Chicago South – October 29
(Alsip)

Peoria – October 30
(East Peoria)

Missouri

St. Louis – October 31
(Clayton)

Springfield – November 1

CEUs and Graduate Credits Available
See page 6 for details

*'One of the best seminars
I've attended. Well
presented, great material
and helpful examples.'*

– VERONICA MCNALLEEN-FORMON,
COUNSELOR

Ten Key Benefits of Attending

'This was my second time attending one of MaryAnn's seminars and both have been informative, fun and reenergizing'

– BECKY THOMPSON,
BEHAVIOR SPECIALIST



Who Should Attend

Classroom Teachers,
Counselors, Instructional
Specialists and Coaches,
Special Education Staff,
Title I Staff, Behavior
Intervention Specialists,
Instructional Assistants,
and Administrators Serving
Grades K-12

1. Why MINDFULNESS is So Relevant Today and How it Will Greatly Benefit ALL Your Students

Discover the key benefits of mindfulness and how it can make a significant difference for you and your students ... Gain a clearer understanding of what mindfulness is and isn't

2. MINDFULNESS Strategies to Reduce Anxiety and Anger

Learn mindfulness practices that will help your students increase self-reflection and self-calming in difficult situations ... Decrease anxiety so students feel safe and focus on instruction and learning

3. Understand and Apply the Neurobiology of MINDFULNESS

Become familiar with the key parts of the brain involved in thinking and learning both academically and emotionally ... Become better equipped to teach your students about how their brains work

4. Decrease Disruptive Behaviors That Can be Caused by a Lack of MINDFULNESS

Address disruptive student behavior caused by negative emotions that surface when students feel threatened ... Ideas you can use immediately

5. How to Help Students Respond Rather than React

Many challenging behaviors we see in school are caused by students' immediate reactions ... Teach them the replacement strategies to respond in more productive ways that are not combative and defensive and don't get them in trouble

6. Teach Students to Choose Optimism

Many students can't get past negative self-talk as well as negative attitudes about seemingly everything ... How you can help them to see and act on the positive and choose optimism

7. Simple Ways to Demonstrate the Mind-Body Connection

Teaching mindfulness and the brain clearly shows students the importance of the connection between the "upstairs and downstairs brain"

8. Create Mindful Moments Throughout the Day

Learn the little changes that leave big impressions... Help your students feel more connected and in control of themselves ... Learn the quick and doable things you can do during the day to help cement students' learning and application of mindfulness

9. Strategies to Develop Students' Capacity to Pay Attention

Ideas to improve your students' attention and then apply those skills to your instruction and their school work

10. Incorporate MINDFULNESS Activities to Better Focus Students' Attention, Regulate Emotions and Reduce Stress

Learn practical ways to incorporate mindfulness activities into your classroom to help students better focus their attention, regulate their emotions and reduce personal stress

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- Learn the **key benefits of practicing MINDFULNESS** and how it can make a significant difference in all your students' success in school
- Practical mindfulness strategies to **decrease student anxiety** and challenging behaviors
- Ideas to **teach students how to pay attention** and maintain on-task behavior
- Discover healthy ways to **reduce anxiety and stress** in difficult situations
- **Teach the skill of *responding*** rather than *reacting*
- **Combine mindfulness with physical movements** to help monitor physical and mental states
- **Incorporate mindfulness interventions** into IEPs or behavior plans to address anxiety that can counter automatic negative thought patterns
- How mindfulness will **help students feel more connected to themselves**, their surroundings and their peers
- Strategies that **teach students to be aware of and responsible for their own emotions** and behavior
- Improve students' executive function skills to **override emotional reactivity**
- Realistic and doable ways to **incorporate daily mindful moments** and practice focused awareness
- Practical and doable ways to **create a safe and trusting classroom environment**
- How mindfulness practices can **create positive emotional states** that increase learning
- Be more familiar with and ready to **teach students the key parts of the brain** involved in thinking and learning
- **Retention-building strategies** you can use immediately



'MaryAnn Brittingham is a captivating presenter.'

– CARLEEN FLYN, CSE COORDINATOR

Practical Ideas and Strategies

You've heard of MINDFULNESS but are wondering how you can incorporate mindfulness practices into your already busy school day in ways that will actually make a difference for you and your students. Join outstanding and motivating national speaker, **MaryAnn Brittingham**, in this **NEW**, full-day, idea-packed seminar that focuses on practical and doable strategies to increase your students' mindfulness to help them find greater school success. Many challenging and disruptive behaviors are caused by lack of awareness and understanding of how the brain works. Once we teach students mindfulness practices, they will be better equipped to self-regulate, recognize and handle the emotions that cause the behaviors that get them in trouble in class and socially. In addition, these mindfulness practices will enhance students' ability to focus during instruction, which can result in higher achievement. You won't want to miss this opportunity to gain innovative and new ways to reduce challenging behaviors that get in the way of your teaching and students' learning.

You will leave with numerous strategies to teach students to be more aware of their emotions, reactions and frustrations that impact their ability to focus and increase learning and success in school.



A Message From Your Seminar Leader, MaryAnn Brittingham



Uniquely Qualified Instructor

MaryAnn Brittingham is a highly experienced teacher, leading expert in working with students who have challenging behaviors in a variety of settings, and a national presenter on using MINDFULNESS practices in the classroom. MaryAnn is known for her motivational seminars that not only inspire, but give teachers the specific strategies they need to make positive changes to increase students' success in school, both academically and socially. She is the author of many books, including *Transformative Teaching: Changing Today's Classrooms Culturally, Academically & Emotionally*; *Respectful Discipline*; and *Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors*, the extensive handbook you will receive at the seminar. MaryAnn focuses on practical solutions for helping students be successful in school – socially and academically. She brings to the seminar not only her extensive knowledge of mindfulness and the science behind it, but strategies and ideas you can use to help your own students understand and use the practices themselves.

Dear Colleague:

When you ask someone to name a person who has had a lasting impact on their life, it is often a teacher whom they felt respected them and took an interest in helping them see their potential. This is a powerful opportunity we, as educators, have to make a meaningful and lasting impact on young lives. But students are changing and are coming to school less prepared, more anxious, less able to focus, unmotivated, and unable to see the value of school in their own lives. All of these can cause difficult behaviors that make teaching less rewarding and more challenging. A practical and real solution to some of these critical issues is to incorporate mindfulness practices into our daily routines to help students become aware of their emotions and begin to increase self-control, attention and emotional regulation that will help them be more successful students. This seminar is all about how to do just that!

This strategy-packed day will cover dozens of strategies, ideas and activities you can use to teach mindfulness in ways that will make a significant difference for your students. These strategies will help students strengthen the connectivity between areas of the brain that support attention and concentration, thus weakening the amygdala's capacity to hijack the thinking parts of the brain when in an anxious or stressed state. With this awareness, it is easy to see how mindfulness and self-regulation can translate into improved learning. This is true for all of students, but especially the most vulnerable ones.

For our students who have difficulty dealing with negative emotions, fear and anger can hit them unexpectedly. Without a plan for dealing with these feelings, they can be thrown off and may react negatively. Teaching them how their brain works and how to put mindfulness practices into action will help them make better decisions. In addition, students can learn to regain access to their executive functions even when in a stressed or anxious state.

I hope you will join me and your colleagues for an action-packed, motivating day that will equip you with strategies and the inspiration to make mindfulness a part of your everyday teaching in order to increase your students' school success!

Sincerely,

MaryAnn Brittingham

P.S. The focus of this seminar will be on **key, practical strategies to decrease student anxiety and challenging behaviors** using mindfulness practices.

'This strategy-packed day will cover dozens of strategies, ideas and activities you can use to teach mindfulness in ways that will make a significant difference for your students.'

What Your Colleagues Say About MaryAnn Brittingham

*"This seminar helps put students' social/emotional needs ahead of dealing with academic and behavior issues. The techniques taught to reduce anxiety and stress are **easy and practical to implement.**"*

Chris D'Anna, Assistant Principal

*"Thank you, MaryAnn, for **providing a complete approach** – from research to specific strategies. You've helped me think about the 'why' and given me strategies to encourage student buy-in."*

Olivia Todd, Teacher

*"MaryAnn **gave me a whole new perspective on what mindfulness is** and how it can be used in the classroom. She was very insightful on how to apply the strategies she shared."*

Michael Adamiah, Science Instructor

*"Fabulous seminar! MaryAnn modeled **many strategies to use in the classroom.**"*

Gail Miller, Teacher



*"MaryAnn is **kind, knowledgeable and positive.** She provided strategies that I will apply not only in my classroom, but in my own life."*

Tamara Tate, Teacher

*"This seminar went even deeper than I imagined it would! It was great to focus on **teaching students how to advocate for and take care of themselves.**"*

Bethanne Day, Teacher

*"MaryAnn – you are amazing! I was **enthralled and engaged the entire day.** I'm leaving today full of inspiration!"*

Jen Waldeck, Teacher

*"**I liked the practicality of this seminar** – I needed the reminder to be mindful of myself. My classes are only going to be as good as I am mindful of my own well-being."*

Karen Urbanik, Math Teacher

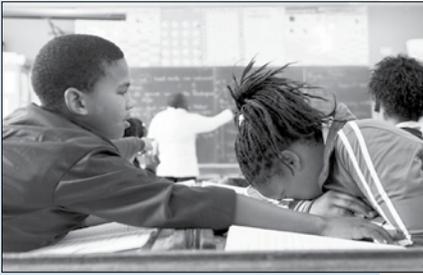
*"**Good information for both personal and professional development.** The handbook will be helpful for remembering all of the information MaryAnn shared as I implement the ideas in my class."*

Kelsey Mumford, Math Interventionist

*"I enjoyed that the seminar addressed the very real possibility of resistance in the classroom as well as the **realistic ways that students behave.**"*

Cassandra Wark, ELA Teacher

Special Benefits of Attending



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/online

On-Site Training

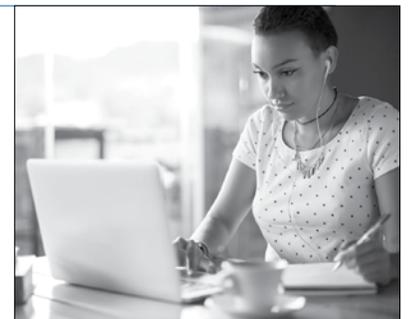
Most BER seminars can be brought to your school or district. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Can't Attend?

Other Professional Development Options:

Related Online Course

A related On Demand Video-Based Online Learning course, *Motivation, Mindset and Grit: Practical, Proven Strategies to Increase Learning*, for Grades K-12, is available for immediate registration. To enroll, visit www.ber.org/online



Extensive Resource Handbook

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

- Understanding and managing negative emotions
- Stress and the brain: understanding the amygdala flip and what to do about it
- Activities to do with students on mindful awareness, mindful listening, perspective taking, choosing optimism, and expressing gratitude
- Strategies for calming the Monkey Mind

Meet and Share

This seminar provides a wonderful opportunity for participants to meet and share ideas with other educators interested in increasing their students' attention span and emotional regulation by incorporating mindfulness strategies.

Consultation Available

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

Meet Inservice Requirements / Earn State CEUs

Participants will receive a certificate of participation that may be used to verify continuing education hours.

CEUs Available:

Illinois

5 IL PD Clock Hours Available

Missouri

MO Inservice Credit Available with Prior District Approval

5 IL PD Clock Hours Available in St. Louis

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.

Strengthen Students' MINDFULNESS:

Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors

Registration (LFB0F1)

- 1. **Chicago North** (Elk Grove Village), IL – October 28, 2019
- 2. **Chicago South** (Alsip), IL – October 29, 2019
- 3. **Peoria** (East Peoria), IL – October 30, 2019
- 4. **St. Louis** (Clayton), MO – October 31, 2019
- 5. **Springfield, MO** – November 1, 2019

FIRST NAME	M.I.	LAST NAME
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POSITION, SUBJECT TAUGHT	GRADE LEVEL	
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SEMINAR LOCATION NUMBER: _____ (Please see list above)		

List additional registrants on a copy of this form

SCHOOL NAME	
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SCHOOL MAILING ADDRESS	
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CITY & STATE	ZIP CODE
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SCHOOL PHONE NUMBER	HOME PHONE NUMBER
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Registration confirmations are sent via e-mail.
If you would like a confirmation, please provide your e-mail address.

E-MAIL ADDRESS	
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HOME MAILING ADDRESS	
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CITY & STATE	ZIP CODE
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IMPORTANT: PRIORITY ID CODE: ELFB0F1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person, for teams 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
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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 6 am - 5 pm Pacific Time)
-  **MAIL this form to: Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

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 \$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.** 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:

- Chicago North: Holiday Inn – Elk Grove Village, (847) 437-6010
- Chicago South: DoubleTree – Alsip, (708) 371-7300
- Peoria: Stoney Creek Inn – East Peoria, (309) 694-1300
- St. Louis: Clayton Plaza Hotel – Clayton, (314) 726-5400
- Springfield: Residence Inn, (417) 890-0020

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

Cancellation/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 will be refunded less a \$15 service fee. Substitutions may be made at any time 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.



LFB0F1

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While Reducing Anxiety and
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Strengthen Students' MINDFULNESS,
Reduce Challenging Behaviors
(Grades K-12)

Best Practices to Strengthen Your Students'
MINDFULNESS

A Unique One-Day Seminar

Coming to a Location Near You

LFB0F1



Bureau of Education & Research

Strengthen Students'
MINDFULNESS:
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