

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



A Unique One-Day In-Person 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

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

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

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

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

## Maine

**Portland – December 1**  
(South Portland)

## New Hampshire

**Manchester – November 30**

## New York

**White Plains – December 3**  
(Tarrytown)

## Rhode Island

**Providence – December 2**  
(Warwick)

## Vermont

**Burlington – November 29**

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CEUs and Graduate Credit Available  
See page 6 for details

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

– VERONICA MCNALLAN-FORMAN,  
COUNSELOR

# Ten Key Benefits of Attending

*"MaryAnn Brittingham  
is a captivating  
presenter."*

– CARLEEN FLYN,  
CSE COORDINATOR



## 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

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. Learn About the Worry Cycle

Many students can't get past negative self-talk as well as negative attitudes about seemingly everything ... How we can perceive and manage our thoughts through a different lens

### 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 ... Teaching mindfulness using the five senses 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**



*"MaryAnn offered useful classroom strategies for all grade levels. I appreciate her expertise and think her background as an educator makes her more relatable and effective as a presenter. She really gets what it's like to work with kids!"*

– STEPHANIE HILL, 7TH GRADE TEACHER

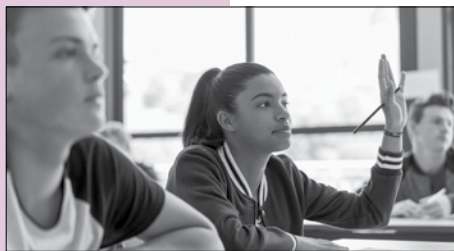
## Practical Ideas and Strategies

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 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 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*; *Motivating the Unmotivated*; *Working with Difficult Parents*; and *Strengthen Students' MINDFULNESS: Increase Your Students' Self-Control While Reducing Anxiety and Challenging Behaviors*, the resource handbook you will receive. 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. Coming to school less prepared, more anxious, and less able to focus, students are 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 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

*"I was hoping to gain tools for my toolbox and I that is what MaryAnn did ... **filled my toolbox** and my cup!"*

Keri Stenger, Special Education 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

*"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

*"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



## About BER Seminars

### Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers

### Extensive Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources. (For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.)

### Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants

### Program Guarantee

As we have for 44 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

# Special Benefits of Attending



## Extensive Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. 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

**For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.**

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in strengthening students' mindfulness.

## Consultation Available

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



## 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](http://www.ber.org/online)

*"MaryAnn speaks from experience, which is always the BEST teacher!"*

ROBIN BICKNER, ELL/SPECIAL EDUCATION TEACHER

## Meet Inservice Requirements / Earn State CEUs

Participants of In-Person Seminars can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit [www.ber.org/ceus](http://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.

## 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](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 On-Demand 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](http://www.ber.org/online)

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

## Registration (LFB2F1)

- 1. **Burlington, VT** – November 29, 2021
- 2. **Manchester, NH** – November 30, 2021
- 3. **Portland** (South Portland), **ME** – December 1, 2021
- 4. **Providence** (Warwick), **RI** – December 2, 2021
- 5. **White Plains** (Tarrytown), **NY** – December 3, 2021

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
(     )	(     )

**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: ELFB2F1**

## 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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Please print name as it appears on card

## FIVE EASY WAYS TO REGISTER:

**REGISTER ONLINE** at: [www.ber.org](http://www.ber.org)

**EMAIL this form to:** [register@ber.org](mailto:register@ber.org)

**PHONE toll-free: 1-800-735-3503**  
(Weekdays 5:30 am - 5:30 pm Pacific Time)

**FAX this form to: 1-425-453-1134**

**MAIL this form to: Bureau of Education & Research**  
915 118th Avenue SE • PO Box 96068  
Bellevue, WA 98009-9668

## Program Hours

All **In-Person** Seminars are scheduled 8:30 a.m. – 3:15 p.m.  
Check-in is 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.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook.

**For in-person seminars, registrants will also receive a printed copy of the resource handbook as long as their registration is received in the BER office at least 15 calendar days before the event.**

## Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Burlington: Hilton, (802) 658-6500
- Manchester: Courtyard by Marriott, (603) 641-4900
- Portland: Home2 Suites – Airport, (207) 517-3636
- Providence: Hilton Garden Inn – Airport, (401) 734-9600
- White Plains: Sheraton – Tarrytown, (914) 332-7900

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 seminar. 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.

## 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.

## Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://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.

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# Strengthen Students' MINDFULNESS

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



An outstanding one-day In-Person Seminar

Includes an extensive Resource Handbook

Practical ideas and strategies

# Strengthen Students' MINDFULNESS, Reduce Challenging Behaviors

LFB2F1

**BER**  
Bureau of Education & Research

## Strengthen Students' MINDFULNESS:

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

In-Person Seminar



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Presented by

## MaryAnn Brittingham

Outstanding Author, Educator and National Presenter

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

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