

Practical Strategies to Increase Mindfulness (Grades PK-Second Grade)



A Unique One-Day In-Person Seminar Presented by

Rebecca Potavin

Outstanding Presenter and Educator

Designed Specifically for PK-Second Grade Classroom Teachers,
Counselors, Instructional Coaches, Special Education Staff, Title I Staff,
Instructional Assistants, and Administrators

Practical strategies to help your students **develop the social and emotional skills** to increase learning and productive behavior whether you're teaching online or in-person

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

Powerful mindfulness strategies and activities to **increase student focus, regulate emotions**, and create an environment conducive to learning for all students

Ready-to-use resources to help your distracted students develop better social skills and increase their success socially, emotionally and academically

Arizona

Phoenix – November 5
(Mesa)

Illinois

Chicago North – November 1
(Elk Grove Village)

Chicago South – November 2
(Alsip)

Peoria – November 3
(East Peoria)

Missouri

St. Louis – November 4
(Clayton)

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

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

Ten Key Benefits of Attending

'Rebeccah was great! The presentation was engaging and hands-on, which made it authentic. I appreciate Rebeccah's knowledge base and enthusiasm!'



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

Discover the key benefits of mindfulness and how it can make a significant difference for you and your PK-2 students whether you're working in-person or online

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 PK-2 students feel safe and focus on instruction and learning whether online or in-person

3. **Decrease Distracting Behaviors**

Ideas to boost confidence in your students while creating a sense of calm and empowerment through MINDFUL practices and routines

4. **Simple to Use Opening Routines to Start Each Day with Increased Focus**

Many students can't get past the challenges they bring with them to class ... Learn how to break the cycle of entering class with negativity

5. **Using MINDFULNESS Strategies to Maximize Learning Time and Engagement**

Learn easy to use strategies to develop MINDFULNESS without taking away from time on task or adding to your already-full-plate

6. **Cultivate a Classroom Where Interactions are Receptive Rather than Reactive**

Discover strategies to reduce anxiety or high emotional exchange and apply them practically and immediately when working with PK-2 students

7. **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

8. **Develop a Growth Mindset Classroom Environment**

Discover powerful ways to develop a classroom environment that builds trust, fosters mutual respect and helps students realize their full potential

9. **Level the Playing Field for Disruptive Learners**

MINDFULNESS increases confidence leading to self-awareness, self-regulation and better behavior

10. **Receive an Extensive MINDFULNESS Handbook**

Leave with a resource book and access to online resources with the newest ideas, strategies, and tips for integrating MINDFULNESS into your PK-2 program whether you're teaching in-person or online

Who Should Attend

PK-Second Grade
Classroom Teachers,
Counselors, Instructional
Coaches, Special
Education Staff, Title I Staff,
Instructional Assistants,
and Administrators

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- Use **practical MINDFUL strategies to create a positive environment** and reduce challenging and disruptive behavior in your classroom whether teaching in-person or online
- **Combine mindfulness with physical movements** to help monitor physical and mental states
- Numerous routines you can use immediately to **increase your effective use of time daily**
- How mind-body connection -- the center of MINDFUL strategies -- is **easily woven into your existing routines and transitions**
- **Increase resiliency and expand academic success** for all of your students
- Tap into strategies that lead to **self-regulation and calm attention**
- **Practical approaches** for building positive, trusting relationships with students and creating a learning community where students not only want to put forth their maximum efforts but enjoy learning
- How mindfulness can **help students feel more connected to themselves**, their surroundings, and their peers
- **How to help your students develop positive growth mindsets** both socially and academically whether working with students at school or online
- **Innovative ways** to help your students develop essential self-management skills and increase their success, socially, emotionally and academically
- The **key benefits of practicing MINDFULNESS** and how it can make a significant difference in all your students' success in school



'I have learned many new and practical ideas for working with students. I feel more confident to start and establish routines.'

Practical Ideas and Strategies

Wondering how to incorporate simple mindfulness practices into your classroom instruction without feeling like you are adding something else to your already full plate? In this **NEW** seminar, you will learn how to easily engage your PK-2 students in mindfulness techniques designed to strengthen their social emotional learning and resiliency skills. Join **Rebecca Potavin**, outstanding educator and engaging presenter, in this NEW full-day, interactive seminar that focuses on practical ideas to increase your students' mindfulness and well-being. You'll learn proven strategies to better focus students' attention, regulate emotions and reduce anxiety that can sometimes lead to challenging and disruptive behaviors. We will unpack how mindfulness, growth mindset and brain research can be leveraged to promote a positive learning environment for all students. Learn easy to implement routines and techniques that help students to self-regulate, de-stress and build connections with their peers. You will leave this seminar with numerous strategies and ideas to teach PK-2 students to be more aware of their emotions and reactions, build greater confidence and enhance their academic success.



A Message From Seminar Leader, Rebecca Potavin



Uniquely Qualified Instructor

REBECCA POTAVIN is a charismatic and personable presenter and experienced educator known for her passion in providing quality education for all students. Her varied background as a primary teacher and academic and behavior interventionist gives her the understanding and experience to share with educators how to bring effective mindfulness strategies into the PK-2 classroom. Rebecca believes that providing students with the knowledge of how to self-regulate their emotions, reduce stress and develop interpersonal skills is essential to their academic success and well-being. The mindfulness techniques, ideas and routines that Rebecca shares in her seminars are practical and easy to implement into daily instruction. *Practical Strategies to Increase Mindfulness (Grades PK-Second Grade)*, authored by Rebecca, is a comprehensive handbook that each participant will receive at the seminar to help jump-start a mindfulness-based classroom.

Dear Colleague:

Have you been curious about mindfulness and how to best incorporate it into your daily classroom instruction? Now more than ever, we are in need of incorporating mindfulness into our classroom instruction to support our students' social and emotional well-being. Students are coming to school under more and more stress and we need to teach them the tools needed to manage that stress. Stress can lead to disruptive behaviors and can negatively impact student achievement. I have found that mindfulness practices can greatly reduce stress levels, increase student focus and help to regulate emotions and I cannot wait to share these practices with you!

Join me for this engaging and idea-filled seminar utilizing practical strategies that you can implement right away in your PK-2 classroom whether you are teaching online or in person.

During this session, I will share with you tips and tricks to engage your students in mindfulness practices to help students to better manage personal frustrations, reduce anxiety and impulsive behaviors. We will dive into the science behind mindfulness and growth mindset to better understand how implementation of these practices can create a more positive learning environment for all students.

I look forward to meeting you and your colleagues at the seminar. This will be an interactive day full of activities, collaboration, and the opportunity to adopt or adapt practical ideas to meet the needs of your students.

Sincerely,

Rebecca Potavin

P.S. You will also receive an **extensive MINDFULNESS handbook** filled with ideas, strategies and tips to easily implement mindfulness into your classroom.

'...I will share with you tips and tricks to engage your students in mindfulness practices to help students to better manage personal frustrations, reduce anxiety and impulsive behaviors.'

What Your Colleagues Say About Rebecca Potavin

*"Lots of new information was presented in an organized way. **Many useful suggestions.** Good encouragement. Thank you!"*

*"Rebecca is so well organized and provided different **ideas that we can incorporate right away in our virtual/in school teaching.**"*

*"I really enjoyed the seminar. **It was filled with a lot of information and motivation.** Rebecca made the class so dynamic."*

*"**Rebecca is awesome!** Perfect break-up of the day between listening and conversation."*

*"**Rebecca's personality is so warm, friendly, down to Earth,** and most of all so fun! This was very informative, engaging, and had a lot of great information and resources!"*



About BER Seminars

Outstanding Instructors

All programs are led by outstanding 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 in real time and interact with the instructor and 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



'Rebeccah was very flexible and met our needs. The session was informative with lots of helpful guidance and ideas for teaching. Thank you!'

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 Resource Handbook

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

- Practical strategies to establish calm and clarity in your classroom whether online or in-person
- Ideas to empower your students with routines that increase confidence and establish self-regulation for success.
- Strategies to increase focus and purposeful learning while decreasing distracting behaviors with MINDFUL habits
- Ready-to-use techniques to create an energized, engaged and motivated classroom culture built on growth mindsets

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 practical strategies to increase mindfulness.

Consultation Available

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

Meet Inservice Requirements / Earn State CEUs

Participants of In-Person Seminars, and those completing the Recorded Version online 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

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

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

Practical Strategies to Increase Mindfulness (Grades PK-Second Grade)

Registration (LFP2F1)

- 1. Chicago North** (Elk Grove Village), IL – November 1, 2021
- 2. Chicago South** (Alsip), IL – November 2, 2021
- 3. Peoria** (East Peoria), IL – November 3, 2021
- 4. Phoenix** (Mesa), AZ – November 5, 2021
- 5. St. Louis** (Clayton), MO – November 4, 2021
— or —
- 6. I'd like to order the recorded version of this seminar**

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 and login details are sent via e-mail

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






IMPORTANT – PRIORITY ID CODE: ELFP2F1

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
- 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: _____
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Please print name as it appears on card

FIVE EASY WAYS TO REGISTER:

-  **REGISTER ONLINE** at: www.ber.org
-  **EMAIL** this form to: 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. The fee is the same for In-Person Seminars and Recorded Seminars.

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:

- Chicago North: Holiday Inn - Elk Grove Village, (847) 437-6010
- Chicago South: DoubleTree - Alsip, (708) 371-7300
- Peoria: Holiday Inn & Suites – East Peoria, (309) 698-3333
- Phoenix: Delta Hotel - Mesa, (480) 898-8300
- St. Louis: Clayton Plaza Hotel - Clayton, (314) 726-5400

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

Practical Strategies to Increase Mindfulness (Grades PK-Second Grade)



An outstanding one-day In-Person Seminar

Includes an extensive Resource Handbook

Can't Attend? A Recorded Version is available to use online at your convenience



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Practical Strategies to Increase Mindfulness (Grades PK-Second Grade)

LFP2F1



Bureau of Education & Research

Practical Strategies to Increase Mindfulness (Grades PK-Second Grade)

In-Person Seminar
or Recorded Version



A Unique One-Day Live Online Seminar
(Also available as a Recorded Online Version
to Use at Your Convenience)

Presented by

Rebecca Potavin

Outstanding Presenter and Educator

Practical strategies to help your students **develop the social and emotional skills** to increase learning and productive behavior whether you're teaching online or in-person

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

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