

The Calm and Connected Classroom Series

Presented by the SRI&ETTC at Stockton University

Summer 2017



The Calm and Connected Classroom Series is designed to support the work of K-8 teachers, CST members and Guidance Counselors, and educate participants on the emotional and biological effects of trauma and adverse childhood experiences on the developing brain. In these informative workshops participants will learn techniques to manage stress in the classroom through mindfulness. In addition, participants will be exposed to social-emotional activities designed to shape interactions for children impacted by trauma.

Mindfulness for Teachers

The materials from this highly restorative and informative workshop will focus on deepening educators' practice of mindfulness, with a focus on how to build an effective practice and how to share those tools with students. Teachers will explore evidence pointing to the positive effects of mindfulness including increased lowered stress, greater ability to focus, self-awareness, and improvements in physical and mental health. Experiential activities include breathing, visualization and mindful moving techniques. Teachers are provided with many hands on activities and resources to take back to their classrooms and share with students.

Date & Time: Tuesday, July 25th, 9 a.m. to 12 p.m.

Cost: \$106.00 or 4 ETTC Hours

The Calm and Connected Classroom: Social-Emotional Learning & Mindfulness for At-Risk Learners

In this workshop participants will be introduced to the behind-the-scenes world of their students, and the emotional and biological effects of trauma and adverse childhood experiences on the developing brain. Participants will learn techniques to manage stress in the classroom through mindfulness and social-emotional activities such as Social-Emotional Wheels, Finger-Breathing, Take 4 Before, and The 1-Minute Calm Down Challenge. Participants will also reconnect to their legacies as educators, and learn best practices for incorporating Social Emotional Check-Ins to create calm and connected classroom experiences for all students.

Date & Time: Tuesday, August 1st, 9 a.m. to 12 p.m.

Cost: \$106.00 or 4 ETTC Hours

The Calm and Connected Classroom Series will be presented by Joanna Schwartz

Ms. Schwartz is a family counselor and the founder of Toolbox for Teachers. Ms. Schwartz holds a Master's Degree in Education, and a Master's Degree in Counseling with a concentration in holistic studies. Ms. Schwartz's interest in professional development for educators comes from her experiences as a K-8 teacher in Philadelphia.

**For more information or to register for this workshop please visit www.ettc.net.
If you need additional information regarding this workshop please call 609-626-3850.**

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