

# Reducing Disruptive Behaviors While Increasing Self-Regulation and Academic Success (Grades PK-2)



A Unique One-Day Live Online Seminar  
Presented by

**Kristin Burke**

Outstanding Educator and National Presenter

Designed Specifically for **Preschool Teachers, Kindergarten Teachers, First Grade Teachers, Second Grade Teachers, Multiage Teachers, Counselors, Special Education Staff, Instructional Aides, Child Care Providers, Specialists who work with young children, Title I Staff, and Administrators**

**Ready-to-use systems to decrease challenging behaviors** while increasing academic success with all of your students

How-to strategies to **decrease attention-getting behaviors and increase** motivation for students lacking readiness and self-awareness

**Immediately implement practical strategies and teaching tools** to increase learning engagement and improve behavior for PK-2 learners

## LIVE ONLINE SEMINARS

**December 9**

**9 AM Central**, 8 AM Mountain,  
7 AM Pacific, 10 AM Eastern

**December 14**

**9 AM Eastern**, 8 AM Central,  
7 AM Mountain, 6 AM Pacific

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)

*'Learned new, really  
useful tools to use.'*

JENNA ORTIZ, LEAD TEACHER

# Ten Key Benefits of Attending

*"So many  
great tips!"*

– RAINA BROWN,  
SDC PARAPROFESSIONAL



## Who Should Attend

Preschool Teachers,  
Kindergarten Teachers, First  
Grade Teachers, Second  
Grade Teachers, Multiage  
Teachers, Counselors, Special  
Education Staff, Instructional  
Aides, Child Care Providers,  
Specialists who work with  
young children, Title I Staff,  
and Administrators

### 1. Decrease Distracting Behaviors

Ideas to boost confidence in your students while creating a sense of calm and empowerment through practices and routines structured for student success

### 2. Ready-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 with negativity, replacing with positive starts to each day of class

### 3. Strategies to Maximize Learning Time

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

### 4. Level the Playing Field for Disruptive Learners

Self-awareness support structure woven through your routines and classroom operations to increase confidence leading to self-regulation, students' sense of capability, and better behavior

### 5. Build Stronger Student Attention Skills

Learn the tools needed to reduce anxiety and increase focus without distracting others or disrupting the classroom environment

### 6. Blend SUCCESS into Your Transitions and Classroom Expectations, Effectively Increasing Your Available Time-on-Task Throughout Each Day

Equip yourself with a game plan to reach all learners with small inserts of REFLECTIVE practice, which will impact all learning and your use of time day in and day out for the better

### 7. Strengthen Student Success

Watch your most challenging students succeed through the use of easy to follow, practical techniques that get them MOVING through the day with less disruptive behaviors

### 8. Help Your Students Who Lack Key Readiness Skills

Learn how to empower your students who otherwise display constant attention-seeking and lack READINESS for learning

### 9. Stop the Cycle of Attention-Seeking Behavior and Consequences

Teach your students to reduce attention-seeking behaviors

### 10. Receive an Extensive PK-2 Student Success Digital Handbook

Leave with a digital resource handbook and access to online resources with the newest ideas, strategies, and tips for integrating new structures for success into your classroom

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- Use practical strategies to **create a positive environment and reduce challenging and disruptive behavior** in your classroom
- Best practices in Strategies for Success to **enhance the classroom and cultivate confident learners**
- Challenging behaviors dissolve through **MINDFUL motivation**
- **Numerous routines you can use immediately** to increase your effective use of time
- **Proven ideas** that have already been applied to PK-2 classrooms and students of all ability levels with **profound impact**
- Increase resilience and **expand academic success for all of your students**
- **Tap into strategies that lead to self-regulation** and calm attention
- Academic achievement becomes the natural focal point of your classroom after **establishing a culture of SUCCESS ... Leave with immediately applicable strategies**
- Attention shifts with **strategies supporting each learner** upon arrival to your classroom
- Confidence and attention shift for your learners in **a cohesive classroom community**
- **Tested and proven strategies** to increase academic success and reduce anxiety in your classroom
- Increase time-on-task and **decrease negative attention-seeking behaviors** in your most challenging students



*"Fabulous seminar! Full of helpful information!"*

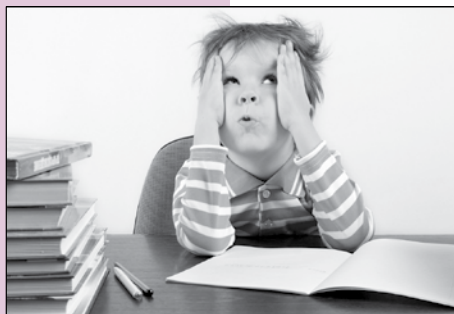
– WENDY SMITH, TEACHER

## Practical Ideas and Strategies

This **NEW**, engaging and interactive seminar will provide innovative techniques for strengthening the learning of all of your students in easy-to-use yet highly effective ways. **Kristin Burke** understands how scaffolding for success is the powerful tool all teachers need to reduce disruptive behaviors while increasing self-regulation and academic success for all of your students as they are learning in either a traditional or virtual setting. Discover classroom-proven techniques that are easy to integrate into your existing classroom culture. Learn how to decrease disruption and increase calm and clarity ... leading to a significant increase in attentiveness, maximizing the use of each school day minute. She will share dozens of new ideas to incorporate into your existing program that will positively impact the behaviors that challenge you daily and flip the script on student motivation in any classroom format. We do not have any control over what our students walk in the door/sign on from home with each day mentally and emotionally, but we can integrate innovative strategies that your students can lean on to improve their learning time and skill retention. You will leave this seminar with a new toolkit to help your students improve their classroom behavior and engagement, build greater confidence and enhance their academic success.



# A Message From Seminar Leader, Kristin Burke



## Uniquely Qualified Instructor

**KRISTIN BURKE** is a dynamic and enthusiastic national presenter and an experienced educator. Invited to speak at conferences, college campuses and schools, Kristin shares her expertise on working with challenging students in a variety of settings. She believes that equipping students with tools to regulate their emotions, reduce their disruptive behaviors, and improve their learning is the goal of every educator and one made more easily attainable with the strategies she has developed. Drawing on her experiences with PK-2 grade students, Kristin developed and tested her practical strategies that will be perfect for your classroom. Kristin is also the author of *Reducing Disruptive Behaviors While Increasing Self-Regulation and Academic Success (PK-2)*, the digital resource handbook you will receive at the seminar. Kristin's knowledge, experience, and expertise translates into a seminar that is jam-packed with great ideas you will want to use immediately to improve student behaviors and increase learning!

Dear Colleague:

With new technologies, fast-paced lives and increased demands, students today enter our classrooms needing strategies to decrease stress while increasing focus and learning. Even from the start of my career, I knew my students needed something beyond academics. At first, I wasn't sure what was missing. I just knew that something was. I could see in my students a high level of stress with low level skills for self-regulation. This led to my development of dozens of classroom-tested strategies that positively impacts our students' ability to focus, reduce challenging behaviors and increase learning. My new seminar, *Reducing Disruptive Behaviors While Increasing Self-Regulation and Academic Success (PK-2)*, is designed to share with you all that I've discovered.

During our day together, you will receive suggestions and examples of success strategies. You will have a chance to apply some strategies to our immediate experience, and then weave these strategies into your unique classroom community. Drawing on my classroom experience and my work with colleagues, I will share with you dozens of easy-to-use, classroom-tested strategies over which you can immediately take ownership and easily implement in your classroom right away to decrease disruptive behaviors and increase student learning. I am thrilled to invite you into this new way of approaching your classroom routines and habits to better support your students as they enter your classroom with a wide array of needs. Join me in learning how to change the behaviors of your students for the better – changes that will positively impact them. I am so excited to begin supporting YOU as you learn new ways to better support your students.

Sincerely,

Kristin Burke

**P.S. The focus of our day together will be on practical, classroom-tested strategies that are easy to implement right away!**

*"I will share with you dozens of easy-to-use, classroom-tested strategies over which you can immediately take ownership and easily implement in your classroom right away to decrease disruptive behaviors and increase student learning..."*

# What Your Colleagues Say About Kristin Burke

*"I can't say enough about how amazing Kristin is! I've been to mindfulness trainings before but the way she presents & teaches the material is more of an emotional way where I could relate with situations and really understand the concepts. **I wish everyone in the district had the opportunity to attend this session. I'm excited to go back to the classroom and use these techniques. I'm more excited to help my students!**"*

Jessica Carhart, SPED Teaching Assistant

*"Reaffirmed things I'm doing and gave me **new things to try.**"*

Kimberly Perry, SPED PreK Teacher

*"**Very helpful. Good practical strategies.** Can't wait to try them out."*

Julie Davidson, Preschool Manager

*"Kristin did a phenomenal job teaching us strategies, letting us try them, explaining why they work and answering our questions. **I found this to be one of the best seminars I have been to in my 25+ year teaching career.**"*

Michelle Beeskow, PreK Teacher



## About BER Seminars

### Outstanding Instructors

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

### Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

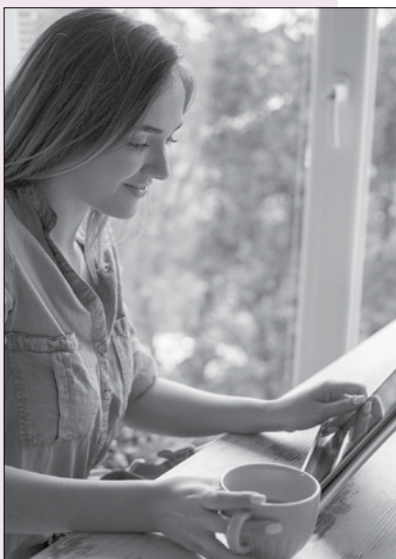
### Highly Interactive

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

### Program Guarantee

As we have for 45 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



"Kristin was wonderful! So relatable and brought us so much information and useful strategies to bring back to our classrooms."

TONIA SCHIRO, DIRECTOR OF EARLY CHILDHOOD

## 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.

## Extensive Digital Resource Handbook

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

- Practical strategies to establish calm and clarity in your classroom
- Ideas to empower your students with habits that increase confidence, establish self-regulation for success, and decrease disruptive behaviors
- Strategies to increase focus and purposeful
- Discover ways to decrease distracting behaviors with mindful habits
- Ways to cultivate a classroom where interactions are receptive rather than reactive

## Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in helping their students self-regulate and achieve academic success.

## Consultation Available

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

## Meet Inservice Requirements / Earn State CEUs

Participants of Live Online 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](http://www.ber.org/ceus)

## Earn One to Four Graduate Semester Credits



University of  
Massachusetts  
Global A nonprofit  
affiliate

Up to four graduate level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at [www.ber.org/credit](http://www.ber.org/credit)

## Can't Attend?

### Other Professional Development Options:



#### Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have access to the entire course and to the extensive digital resource handbook. To enroll, see the registration form on page 7, and for optional CEUs and graduate credit available, please visit [www.ber.org/credit](http://www.ber.org/credit)



#### Related On-Demand Online Courses

Related On Demand Video-Based Online Learning courses, *Decrease Attention-Getting and Tantrum Behaviors: Practical Solutions*, for Grades PK-2, *Discipline Strategies for Dealing with Challenging, Difficult Students*, for Grades K-2, and other classroom management courses are available for immediate registration. To enroll, visit [www.ber.org/online](http://www.ber.org/online)

# Reducing Disruptive Behaviors

## While Increasing Self-Regulation and Academic Success (Grades PK-2)

### Registration (DCX3F1)

1. **December 9, 2022** (Start time: 9 AM Central)
2. **December 14, 2022** (Start time: 9 AM Eastern)
- or —
3. **I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR 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: EDCX3F1

#### 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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#### 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 - 5:00 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 Live Online Seminars are scheduled 9:00 a.m. – 3:30 p.m. in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

#### 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 Live Online Seminars or Recorded Seminars.

#### 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.



DCX3F1

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# Reducing Disruptive Behaviors While Increasing Self- Regulation and Academic Success (Grades PK-2)



An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

Can't Attend? Order the Recorded Version to access  
online at your convenience

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# Reducing Disruptive Behaviors While Increasing Self-Regulation and Academic Success (Grades PK-2)

Live Online Seminar or  
Recorded Version



A Unique One-Day Live Online Seminar  
(Also available as a Recorded Online Version  
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Presented by

**Kristin Burke**

Outstanding Educator and National Presenter

**Ready-to-use systems to decrease challenging behaviors** while  
increasing academic success with all of your students

**How-to strategies to decrease attention-getting behaviors and  
increase motivation** for students lacking readiness and self-awareness

**Immediately implement practical strategies and teaching tools** to  
increase learning engagement and improve behavior for PK-2 learners

**Receive an extensive digital resource handbook**