

Improving the Emotional Well-Being of Your Students to Reduce Challenging Behaviors and Increase Learning (Grades K-6)



A Unique One-Day Live Online Seminar Presented by

Susan Jones

Outstanding Educator and Presenter

Specifically Designed for Grades K-6 Classroom Teachers, Counselors, Instructional Specialists and Coaches, Special Education Staff, Title I Staff, Behavior Intervention Specialists, Instructional Assistants, and Administrators

Practical strategies for improving your students' emotional well-being

Help your students better manage frustration and reduce impulsive behaviors

Ideas and techniques for improving your students' attention and helping them better regulate emotions

Significantly decrease disruptive behaviors associated with lack of emotional wellness

LIVE ONLINE SEMINARS

January 17

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

January 25

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

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)

"Incredible and useful."

LILY WAGONER, TEACHER

Ten Key Benefits of Attending

*"Practical, personal,
and professional all
mixed together!"*

– MELINDA SCAGGS,
COUNSELOR



Who Should Attend

Grades K-6 Classroom
Teachers, Counselors,
Instructional Specialists
and Coaches, Special
Education Staff, Title I Staff,
Behavior Intervention
Specialists, Instructional
Assistants, and
Administrators

- 1. Discover the Key Benefits of Strengthening Your Students' Emotional Well-Being**
Learn key strategies that will make a significant difference for the emotional well-being of your students and increase their academic and social success
- 2. Strategies to Reduce Your Students' Anxiety and Anger**
Learn emotional well-being practices that will help your students increase self-reflection and self-calming skills in challenging situations ... Decrease their anxiety and eliminate their habit of responding with anger
- 3. Decrease Disruptive Behaviors That Can be Caused by a Lack of Emotional Well-Being**
Address disruptive student behavior caused by negative emotions that surface when students feel threatened ... Ideas you can use immediately to boost the well-being of your students
- 4. Help Students Respond Rather Than Impulsively React**
Many challenging behaviors we see in school are caused by students' immediate negative reactions ... Learn how to teach replacement strategies to respond in more productive ways that are not combative and defensive and keep them out of trouble
- 5. Help Your Students Let Go of Negative Self-Talk**
Many students cannot get past negative self-talk as well as negative attitudes about seemingly everything ... How to quickly help them get out of this rut and counter negative thought patterns
- 6. Decrease the Volume of Peer Conflict and Behavior Referrals**
Student to student conflict on the playground and in the cafeteria always seems to find a way back to the classroom to disrupt learning ... Find out how to reduce this from happening by empowering your students' emotional well-being
- 7. Strategies to Strengthen Your Students' Capacity to Pay Attention**
Tired of teaching it over again because your students were not paying attention? Explore the most effective ways to improve your students' ability to pay attention and increase learning retention
- 8. Help Your Students Take Greater Responsibility for Their Own Behavior**
Easy-to-implement steps that hand over ownership of behavior to your students ... How to help them learn more self-control and self-management so you have more time to teach
- 9. How to Get Your Students to an Emotional State More Conducive to Learning**
Retention of learning is significantly increased when students are feeling emotionally well ... Learn how to help them achieve this productive emotional state more quickly and easily in your classroom
- 10. Receive an Extensive Digital Resource Handbook Filled with Innovative Emotional Well-Being Strategies and Tools**
Each participant will receive an informative digital resource handbook, filled with strategies, ideas, and tools you can use immediately

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- Learn the **key benefits of implementing emotional well-being** and how it can make a significant difference for all your students
- Practical emotional well-being strategies to **decrease students' anxiety** and decrease challenging behaviors
- Ideas to **teach students how to pay more attention and maintain on-task behavior**
- **Emotional well-being strategies you can use immediately** to combine emotional well-being strategies with physical movements
- Discover healthier ways to **help your students reduce anxiety** and stress when facing challenging situations
- **Practical ways to teach the skill of responding** rather than reacting
- Ways to **help students monitor** their own physical and mental states
- **Incorporate emotional well-being interventions** into IEPs or behavior plans to address anxiety that can counter automatic negative thought patterns
- How emotional well-being will **help students feel more connected to themselves**, their surroundings, and their peers
- Strategies that **teach students to be more 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 emotional well-being filled moments** and practice focused awareness
- Practical and doable ways to **create a more safe and trusting classroom**
- Be ready to **teach students what they need to know** to feel emotionally well
- **Retention-building strategies** you can use immediately
- How emotional well-being practices can **create more positive emotional states** that increase learning outcomes for all your students



"Excellent information, strategies, and research were shared, along with an excellent presenter!"

– LISA POPE, TEACHER

Practical Ideas and Strategies

Imagine your students with improved self-control and less feelings of anxiety as they approach school. Imagine them better equipped to handle the turbulence associated with life's challenges and the changing learning environments they have experienced over the last year. Join outstanding and motivating national speaker, **Susan Jones**, in this full-day, idea-packed seminar that focuses on practical and doable strategies to increase your students' emotional well-being to help them find greater success. Many challenging and disruptive behaviors are caused by lack of awareness and understanding of how the brain works. With practices focused on emotional well-being, 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 in social situations. In addition, these teacher-tested practices will enhance your students' ability to focus during instruction, which can result in higher achievement. You won't want to miss this opportunity to gain new, innovative ways to reduce challenging behaviors that get in the way of your teaching and students' learning.

You will leave with numerous strategies to improve the well-being of all your students and be equipped to help them be more aware of the emotions, reactions and frustrations that impact their ability to focus and learn.



A Message From Seminar Leader, Susan Jones



Uniquely Qualified Instructor

SUSAN JONES is a highly experienced teacher, a leading expert in working with students who have challenging behaviors in a variety of settings, and a national presenter on improving the well-being of students in grades K-6. Susan is known for her motivational seminars that not only inspire but also give teachers the specific strategies they need to make positive changes to increase students' success in school, both academically and socially. Susan focuses on practical solutions for helping students be more successful in school by increasing student's overall emotional wellness. She brings to the seminar not only her extensive knowledge of Social-Emotional Learning and the science behind it, but strategies, ideas and tools you can use to help your own students better 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 true potential. This is a powerful opportunity we, as educators, have to make a meaningful and lasting impact on young lives. But our students are changing. They seem to be coming to school less prepared, more anxious, and less able to focus. Students appear 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 much more challenging for us. A practical and real solution to some of these critical issues is to incorporate practices focused on emotional well-being into our daily routines to help students become more 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 ideas and activities you can use to teach emotional well-being 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 their ability to retain new learning. With this awareness, it is easy to see how focusing on emotional well-being 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 practices focusing on emotional well-being into action will help them make better decisions at school online, and in social situations. 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 implementation of emotional well-being strategies a part of your everyday teaching to increase your students' school success!

Sincerely,

Susan Jones

Susan Jones

P.S. The focus of this seminar will be on practical strategies, ideas, and tools you can use immediately to improve your students' emotional well-being and increase their success at school!

"...join me and your colleagues for an action-packed, motivating day that will equip you with strategies and the inspiration to make implementation of emotional well-being strategies a part of your everyday teaching..."

What Your Colleagues Say About Susan Jones

*"This was a **great opportunity for me to learn about additional resources** to support our teachers! I appreciate the important information shared throughout our time together."*

*"Very informative and **easy to incorporate into class quickly** without a lot of prep or disruption of learning time."*

*"I really **enjoyed the content and learned about great tools that can easily be used** right away."*

*"I thought it was a great seminar, not only for ideas to use with students, but I myself felt better after practicing some of the strategies. **I would highly recommend this training to anyone.**"*

*"Susan's seminar was well organized and conducted. **The material was easily understood and presented in a manner that made it conducive for taking notes and planning further implementation.**"*



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.

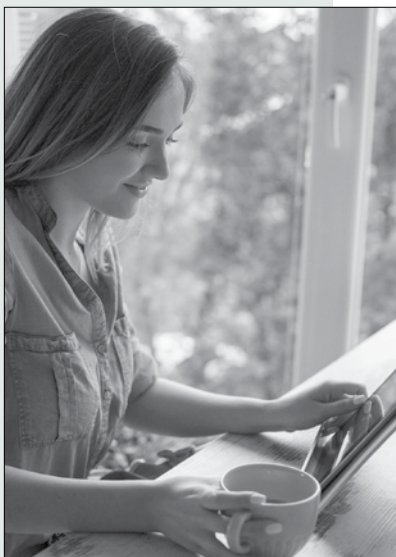
Highly Interactive

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



"This was a very informative and helpful seminar. Susan did a fantastic job! My school and I thank you!"

TIMOTHY YOHE, TEACHER

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 Digital Resource Handbook

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

- Ready-to-use activities for helping students build self-control and better behavior
- Practical strategies for helping students reduce their anxiety and negative emotions
- Teacher-tested emotional well-being interventions for increased school success
- Practical tools and strategies for helping your students be more calm, focused, and productive

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to meet and share ideas with other educators interested in improving the emotional well-being of their K-6 students.

Consultation Available

Susan Jones 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 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

Earn One to Four Graduate Semester Credits



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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

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 registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit



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

Improving the Emotional Well-Being of Your Students to Reduce Challenging Behaviors and Increase Learning (Grades K-6)

Registration (LEJ3W1)

- 1. January 17, 2023** (Start time: 9 AM Eastern)
- 2. January 25, 2023** (Start time: 9 AM Central)
- or —
- 3. 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	
<hr/>		
SEMINAR NUMBER: _____ (Please see list above)		

List additional registrants on a copy of this form

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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 (<u>REQUIRED</u> FOR EACH REGISTRANT)	
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IMPORTANT – PRIORITY ID CODE: ELEJ3W1

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.

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(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**
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Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM 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. 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.



LEJ3W1

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Improving the Emotional Well-Being of Your Students to Reduce Challenging Behaviors and Increase Learning (Grades K-6)



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Live Online 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

Susan Jones

Outstanding Educator and Presenter

Practical strategies for improving your students' emotional well-being

Help your students better manage frustration and reduce impulsive behaviors

Ideas and techniques for improving your students' attention and helping them better regulate emotions

Significantly decrease disruptive behaviors associated with lack of emotional wellness