

# Strengthen Students' MINDFULNESS:

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



A Unique One-Day Live Online Seminar Presented by

## Susan Jones

Outstanding Educator and Presenter

**Specifically Designed for Grades K-12 Classroom Teachers,  
Counselors, Instructional Specialists and Coaches, Special Education  
Staff, Title I Staff, Behavior Intervention Specialists,  
Instructional Assistants, and Administrators**

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

**Practical strategies** for helping your students **develop important skills** to increase learning and productive behavior

**Help students better manage frustration, reduce anxiety and impulsive behaviors** ... Help your students work more constructively toward personal and academic goals

Why **MINDFULNESS is so relevant** and how it will greatly benefit all your students during this most unique school year and the years to follow

### LIVE ONLINE SEMINARS

**April 4**

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

**April 12**

**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)

*"I'm ready to introduce  
some mindfulness activities  
in class tomorrow."*

— JOHN MARSHALL, SOCIAL STUDIES  
TEACHER

# Ten Key Benefits of Attending

“Very thorough,  
research-based,  
and applicable.  
Relevant to  
today’s learners!”

– CHRISTINE SCHNEIDERHAHN,  
TEACHER



## Who Should Attend

Grades K-12 Classroom  
Teachers, Counselors,  
Instructional Specialists  
and Coaches, Special  
Education Staff,  
Title I Staff, Behavior  
Intervention Specialists,  
Instructional Assistants,  
and Administrators

### 1. **Why MINDFULNESS is So Relevant Today and How it Greatly Benefits ALL Your Students**

Discover the key benefits of mindfulness and how it can make a significant difference for you and your students ... Learn practical strategies to help your students get back on track and stay there

### 2. **Strategies to Help Students Reduce Anxiety and Anger**

Learn mindfulness practices that will help your students increase self-reflection and self-calming in difficult situations ... Decrease anxiety so students feel safe and can focus more on instruction

### 3. **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

### 4. **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 do not get them in trouble

### 5. **Mindful Awareness, Mindful Listening, and Perspective Taking**

When your students better understand their own anxiety, they will become more aware of their own reactions and behavior, become better listeners, and improve their ability to comprehend another perspective

### 6. **Teach Students to Let Go of Negative Self-Talk and Choose Optimism**

Many students cannot get past negative self-talk as well as negative attitudes about seemingly everything ... How you can help them to see and act on the positive and choose optimism

### 7. **Learn How to Make Little Changes That Leave Big Impressions**

Help your students feel more connected and in control of themselves ... Learn the quick and doable “mindful moments” you can do during the day to help cement students’ long-term learning

### 8. **Strategies to Develop Students’ Capacity to Pay Attention**

Ideas to improve your students’ ability to pay attention and then apply those skills daily to your instruction and their schoolwork

### 9. **Incorporate Mindfulness Activities to Better Focus Students’ Attention, Regulate Emotions and Reduce Stress**

Learn practical ways to incorporate mindfulness activities into your classroom and behavior interventions to help students better focus their attention, regulate their emotions, and reduce personal stress as they navigate this year’s changing learning environments

### 10. **Receive an Extensive Digital Resource Handbook Filled with Mindfulness Strategies and Tools**

Each participant will receive the informative digital resource handbook, *Strengthen Students’ MINDFULNESS: Increase Your Students’ Self-Control While Reducing Anxiety and Challenging Behaviors*, filled with strategies, ideas, and tools you can use the very next day

# 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 students monitor their own 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**
- Be more familiar with and ready to **teach students the key parts of the brain** involved in thinking and learning
- **Retention-building strategies** you can use immediately
- How mindfulness practices can **create more positive emotional states** that increase learning



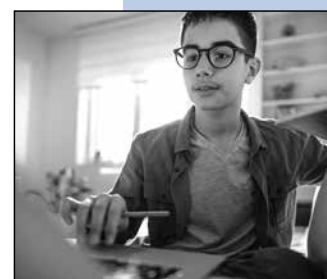
*"Very useful information that can be implemented right away. This reinforces the need for mindfulness to be academically and socially successful."*

– MELISSA STAHL, INTERVENTION SPECIALIST

## Practical Ideas and Strategies

Imagine your students with improved self-control and less feelings of anxiety as they approach school. We need our students to be 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' mindfulness to help them find greater school and social success. Many challenging and disruptive behaviors are caused by lack of awareness and understanding of how the brain works. With 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 addition, these teacher-tested mindfulness 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 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, 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 using MINDFULNESS practices in the classroom. Susan 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. Susan 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 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 more challenging for us. 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 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 at school, 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 mindfulness a part of your everyday teaching in order to increase your students' school success.

Sincerely,

*Susan Jones*

Susan Jones

**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 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 Susan Jones

*"The **strategies presented and the ease with which to start implementing them**, not only in school but also my personal life, is **an inspiration.**"*

– Stacy Inbody, Intervention Specialist

*"**Practical, personal, and professional** all mixed together in a mindful way!"*

– Melinda Scaggs, Counselor

*"**Today was incredible.** I believe it should be a requirement for all licensed and non-licensed staff working with Pre-K children to college students."*

– Aleigh Leskovec, Kindergarten Teacher

*"Susan was very engaging. **She is very knowledgeable about the topic of mindfulness.** I not only walked away with quality information for my students, but for myself as well. Thank you, Susan, for bringing this information to us!"*

– Lauren Poelker, Kindergarten Teacher

*"Very well done. Susan incorporated mindfulness into her seminar in such a way that we were not overwhelmed with information. **The day was not only informative, but also an opportunity to reset my overall thinking and attitude.**"*

– Michelle Bessett, Intervention Specialist



## 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



*'I enjoyed learning about how to bring mindfulness into my classroom to help students be mentally, physically, and academically successful.'*

– KRISTIN DAUGHTRY, 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](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Mindfulness 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 mindfulness 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 share ideas with other educators interested in strengthening students' mindfulness.

## Consultation Available

Susan Jones will be available to address 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 registration form on page 7, and for optional CEUs and graduate credit, please visit [www.ber.org/credit](http://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](http://www.ber.org/online)



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An outstanding one-day Live Online Seminar

Includes an extensive digital Resource Handbook

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



BUREAU OF EDUCATION & RESEARCH

915 118th Avenue SE  
PO Box 96068  
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## Strengthen Students' MINDFULNESS Reduce Challenging Behaviors

LFJ351

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



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Recorded Version



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