

# Practical Strategies to Increase MINDFULNESS (Grades PK-Second Grade)



A Unique One-Day Live Online 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

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

### LIVE ONLINE SEMINARS

**February 16**

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

**February 28**

**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)

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

# Ten Key Benefits of Attending

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



## 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

## 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

## 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 Digital Handbook

Leave with a digital resource handbook and access to online resources with the newest ideas, strategies, and tips for integrating MINDFULNESS into your PK-2 program

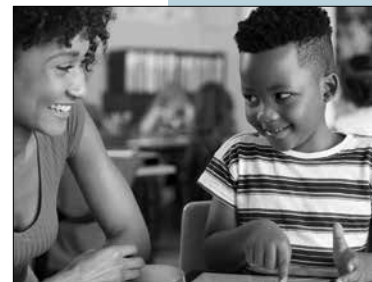
### Who Should Attend

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
- **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
- **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



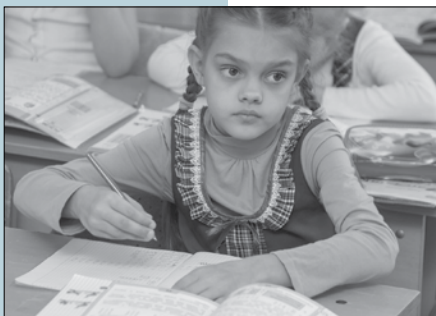
*'Rebecca was very flexible and met our needs. The session was informative with lots of helpful guidance and ideas for teaching. Thank you!'*

## 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 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 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 digital 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.

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 digital 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

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

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

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

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

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*"**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, 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



"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!"

## 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 giving you access to countless strategies. The handbook includes:

- Practical strategies to establish calm and clarity in your classroom
- 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

## 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

Rebecca 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 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



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 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](http://www.ber.org/online)

# Practical Strategies to Increase MINDFULNESS (Grades PK-Second Grade)

## Registration (LFP3W1)

1. **February 16, 2023** (Start time: 9 AM Eastern)
2. **February 28, 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
_____		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
_____		
SEMINAR LOCATION 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: ELFP3W1**

## 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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## 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 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:

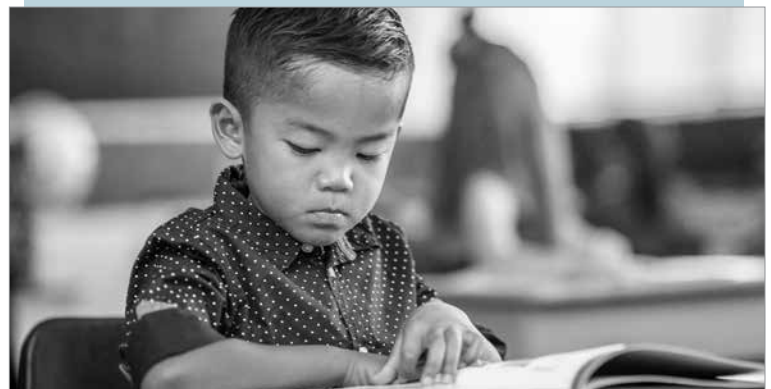
100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

## 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](http://www.ber.org)



LFP3W1

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An outstanding one-day or Live Online Seminar

Includes an extensive digital Resource Handbook

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



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# Practical Strategies to Increase MINDFULNESS (Grades PK-Second Grade)

LFP3W1



# Practical Strategies to Increase MINDFULNESS (Grades PK-Second Grade)

Live Online Seminar  
or Recorded Version



A Unique One-Day Live Online Seminar  
(Or Order the Recorded Version to Access Online at Your Convenience)

Presented by

## Rebeccah Potavin

Outstanding Presenter and Educator

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

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