

Long Island SEL Forum

presents:

A Trio of Mindfulness Presentations: **FREE Workshop!**

Monday May 16, 2016 - 8:30 -11:30 AM

Nassau BOCES George Farber Administrative Center 71 Clinton Rd. Garden City 11530

Calm Classroom

Help your students develop mental focus and inner calm in thirty seconds to three minutes

Presented by Paulette Cichillo, Psy.D. and Adrienne Salamone, LCSW, Merrick School District

Are you stressed? Are your students inattentive, overactive, emotional, or anxious?

The Calm Classroom program, developed by the Luster Learning Institute, helps students develop self-awareness, mental focus, and inner calm by using breathing, stretching, and concentration techniques.

These techniques require only between thirty seconds to three minutes of class time.

Given the rapidly growing numbers of students who are referred for emotional difficulties, the increasingly stressful and hectic lives that children are leading, and the ever present stress we are all dealing with as professionals, we hope that this program will have a positive impact in your classroom.

Mindful Strategies for Educators

How to incorporate mindful strategies in the classroom or the counseling office

Presented by Dorothy Ahl, M.S., Ed.S., Massapequa School District

There is so much on our plates as educators. But the social-emotional well-being of our students **IS** the plate on which everything else we do as educators rests.

Learn how to incorporate various mindful strategies into your classroom, or counseling sessions.

Mindful activities can help all students to increase their mental focus and concentration, and can be beneficial in promoting a sense of peacefulness and calmness. Mindfulness promotes resiliency and perseverance, and increases students' ability to solve problems and engage in positive decision making.

Connections: The Practical and Authentic Experience of S.E.L. to Cultivate Emotional and Academic Intelligences in Schools

Presented by Lauren Grieco B.S. and Johane Ligondé Ed.M., Dodd Middle School, Freeport, NY

During this session, we will explore the components of a comprehensive social emotional learning program and experience a series of targeted breathing exercises as simple, efficacious tools to manage one's emotions and behaviors. This approach taps into students' physiological abilities to self-regulate through the use of their breath. Consciously breathing in different patterns engages the parasympathetic nervous system to counter the automatic fight or flight response. This mind-body science is coupled with various teaching points that help students manage their stress, develop greater wellbeing, and achieve higher academic success.

Our aim will be to review key considerations on how to:

- Balance a focus on cultivating students' hearts as well as their minds
- Promote a joyful and inviting school culture and to help students develop Self-awareness, self-management, social awareness, responsible decision making, and relationship skills.
- Engage students in citizenship and community projects

To Register, please send an e-mail to: Dorothy Ahl at: dahl@msd.k12.ny.us