

Outline

Assess the State of Your School Environment Today
Defining the environments of learning
Movement and neuroplasticity - identify the crucial connection to learning
Technology in the schools - the pros and cons
Universal Design and ergonomics in the classroom
Surveying the workspace/class space - Checklists and handouts

Setting the Stage to Optimize a Multi-Sensory Experience
Video demonstration and Learning Lab
Recognizing the 8 senses in action
Real-time assessment of the classroom
Impact of technology
Stressors of learning

STRATEGIES AND THE “HOW-TO”

Ergonomic Solutions for Optimal Learning Environments
Simple DIY tricks for the classroom
Seating solutions - tall vs. short, wiggle seats, and more!
Reduce clutter and other classroom organization hacks
Classroom design ideas that promote executive functioning skills
How to incorporate light and color to promote learning
The “20/20/20 Rule” and other ergonomic tips for better endurance and attention
“Common scents” - aromatherapy pointers for the class or student

“Get Moving”: Strategies to Support Active Bodies in the Classroom
“No need to interrupt instruction time”
Put the hands back into “hands-on” learning – leave the computer out of this!

Objectives

1. Implement the latest evidence-based research on neuroplasticity and articulate the factors that support increased learning and growth.
2. Identify the 8 sensory systems through hands-on sensory learning labs, and utilize sensory strategies that meet students’ academic and emotional needs for increased school participation and improved learning outcomes.
3. Assess and modify various learning environments, by identifying environmental barriers in the space you work in and establish at least 10 environmental modifications that help support neuroplasticity and more efficient students.
4. Determine which physical factors hinder or support learning and uncover strategies/ activities that will promote movement and neuroplasticity as a result of these factors.
5. Promote wellness in the classroom by pinpointing which educational tools or work behaviors can cause repetitive stress injuries and incorporate exercise routines and environmental modifications which can reduce or prevent injury.
6. Examine the role of stress (both physical and mental) on learning and neuroplasticity and identify treatment or classroom activities that reduce stress and promote neuroplasticity.

Target Audience:

Occupational Therapists • Occupational Therapy Assistants • Speech-Language Pathologists • Physical Therapists • Educators • Counselors
Social Workers • School Psychologists • Marriage and Family Therapists

“Go-to exercises” for the whole classroom to:
Preserve health and wellness
Incorporate fun into the day
Increase endurance and efficiency
Foster movement and reduce dysregulation
And more!

Sensory-Motor Techniques to Improve Classroom Skills: Hands-on lab
Multisensory approach for skill retention
Proprioceptive strategies - letter recognition, formation, sizing and spacing
Vestibular and visual connection - reading and note-taking outcomes
Sensory suggestions - executive functioning skills (alerts and visual reminders)
Sensory-based tools to get students engaged – gum chewing, mini-sensory stations and therapy balls....
Visual-motor games and strategies - vision-based school tasks
Group activities to build social learning skills and classroom connection
Low-tech strategies (you don’t need an app for everything!)

Redesigning the Emotional Culture of the Class: What is the Language of Your Classroom
Fostering a “growth mindset”
Breathing and muscle relaxation techniques
Address the stress: “Go-to” mindfulness activities and guided imagery
Language hints and tricks to manage challenging behaviors

Live Seminar & Webcast Schedule (Times Listed in Central)

7:30 Check-in/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Northbrook, IL
December 6, 2019

Live Video Webcast
December 6, 2019



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Revolutionize Your Learning Space for Student Success

- Movement and neuroplasticity – The crucial connection to learning
- Practical and low-budget ways to alter your classroom into a sensory-rich, movement-motivating space
- Manage common interfering behaviors, like low or high arousal, stress, fidgeting, low self-esteem and sensory defensive behaviors
- Out-of-the-box activities to improve reading, handwriting, social, emotional and executive functioning skills
- Sensory-motor therapeutic activities to improve mood, mindset and the personal environment of the student

Northbrook, IL
Friday, December 6, 2019

Live Video Webcast
Friday, December 6, 2019



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Revolutionize Your Learning Space for Student Success

What does the physical and emotional climate of your classroom look like? Do your students complain about being tired? Is it hard for them to sit-up straight after hours of seated instruction? Is there enough clutter in the classroom to cause a panic attack? Does daydreaming and fidgeting replace attentive and ready-to-learn behaviors?

Attend this seminar to assess the state of your school today and the different environments of learning to better address the needs of students.

You'll learn how neuroplasticity, our sensory system and ergonomics work together to advance learning and academic success! You'll discover how universal design concepts, in both learning and architecture, will foster the right educational climate for all students!

Then we dive right into:

- Managing common interfering behaviors, like low or high arousal, fidgeting, low self-esteem and sensory defensive behaviors
- Tons of out-of-the-box movement and sensory-based activities/strategies to improve reading, handwriting, social, emotional and executive functioning skills
- Handouts and checklists to assess your various school environments
- Practical, low-budget ways to alter your classroom into a sensory-rich, movement-motivating space to support learning, self-regulation and personal health and wellness
- Tackling stress, under-aroused or dysregulated behaviors in students through mindfulness
- Using the power of language and other sensory-motor therapeutic activities to improve mood, mindset and the personal environment of the student

Walk away feeling confident in your ability to create neuro-friendly spaces to meet the academic and emotional needs of your students!

FREE Take home assessment handouts and checklists!

- ✓ Surveying the classroom space
- ✓ "No need to interrupt instruction time"
- ✓ Use of time inventory - assessing how we spend our time, both student and teacher
- ✓ Ergonomic checklists
- ✓ Quick Tip sheets

Speaker

Justin Lyons, MS OTR/L, has had over a decade of experience working with children of all ages and all abilities, in school, home, camp and community settings. As an occupational therapist, he has served a multitude of pediatric populations, especially the learning disabled, emotionally disturbed and autistic spectrum populations. He currently works at a premiere special needs school in NYC, where he developed a life-coaching program for pre-teens and teens. Justin has been a presenter at the AOTA conference and both an adjunct professor and guest lecturer for a Master's occupational therapy program. Justin mentors other aspiring occupational therapists, by encouraging evidence-based practice and compassion for the human experience. He has provided seminars in the community to help parents and students understand the brain and the senses. He has provided services as an expert witness in child occupational performance in a school setting. Justin has practiced as a certified Irlen screener.

Speaker Disclosures:
Financial: Justin Lyons has an employment relationship with The Summit School. He receives a speaking honorarium from PESI, Inc.
Non-financial: Justin Lyons is a member of the American Occupational Therapy Association.

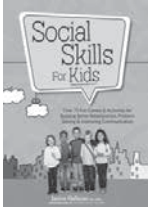
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Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graf at mgraf@pesi.com or call 715-855-8199.



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*SAVE by including these products with your seminar registration!

Calm & Alert

Yoga and Mindfulness Practices to Teach Self-regulation and Social Skills to Children

By Helene McGlaufflin, MED, LCPC, KYT

Calm and Alert gives classroom teachers, special needs teachers, therapists, yoga teachers and parents an innovative, step-by-step approach to teaching self-regulation and social skills to children by utilizing their body, mind and breath. Developed by an experienced counselor, educator, and yoga teacher, Helene McGlaufflin, Calm & Alert is filled with unique mindfulness exercises, yoga poses and lesson plans to help both typically developing and special needs children.

Social Skills for Kids

Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication

By Janine Halloran, LMHC

This rich resource includes reproducible, step-by-step plans for how to play, alternatives to each activity, and debriefing questions to reinforce learning.



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Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 6, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesirehab.com/webcast/75847

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Illinois Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Indiana Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Educators/Teachers: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

Illinois Educators: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

Indiana Educators: 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Illinois Marriage & Family Therapists: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

Occupational Therapists & Occupational Therapist Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Physical Therapists & Physical Therapist Assistants: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Illinois Physical Therapists & Physical Therapist Assistants: PESI, Inc. is a Registered Physical Therapy Continuing Education Sponsor through the State of Illinois Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 216.000270. This course qualifies for 6.0 CE Credit Hours.

Indiana Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Indiana Chapter, American Physical Therapy Association for review. Please contact our customer service department for the most current information.

Psychologists/School Psychologists: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

Speech-Language Pathologists: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Illinois Social Workers: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesirehab.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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