

Tuesday, February 5, 2019

COMBATING TRAUMA AND STRESS WITH ALTERNATIVE STRESS RELIEVERS



150 Stewart

Haysville, KS 67060

Penny Schuckman, Director

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Graduate
Credit
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USD 261
HAYSVILLE SCHOOLS

THE LEARNING CENTER

Registration Deadline - January 29th!



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Workshop Description:

Research suggests that mindfulness meditation, tapping, and positive journaling can have benefits for health and performance, including improved immune function, reduced blood pressure, and enhanced cognitive function. Participants will learn how these alternative stress relievers are done, practice them as a group, and develop a plan to implement at least one technique in their classroom.



******Please wear comfortable clothing and, if possible, bring a beach towel or something to lay on the floor.*

Presenter: Shari Burke



Shari Burke is the Learning Facilitator for Behavior in USD 261. She was a Special Education teacher for 25 years, teaching in inclusion rooms, grades K-12. Her final years of teaching were spent in the Self-Contained ED classroom in Haysville. With the increased awareness of the impact of ACES, she has become very interested in how to help high ACE score students in the classroom with alternative relaxation techniques. She is not a licensed trainer in any of the techniques, but will guide you through the processes with the use of videos.

Date & Time: Tuesday, February 5th, 2019
8:30 a.m. to 11:30 a.m.

Location: The Learning Center
150 Stewart
Haysville, KS 67060



Cost: \$50 Out of District
Free to Haysville USD 261 Staff

Registration Deadline is January 29th

Name: _____

E-Mail: _____

School/District: _____

Address: _____

Grade Level: _____

Payable To:

The Learning Center, USD 261

Register on our website:

<http://usd261.com/learningcenter>

Or Register by E-Mail, Phone, or Fax to:

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