

Outline

Coping Skills Overview

The autonomic nervous system & coping skills

- 4 types of coping skills—
calming
distraction
physical
processing

Coping skills checklist to identify current skills and strengths

The Importance of preventative interventions

3 prong approach to supporting children's social/emotional needs

Skills and Strategies: Interactive Exercises

Deep Breathing - Beyond "Taking a Deep Breath"

Props —
pinwheels
bubbles
stuffed animals
Hoberman sphere

Words —
to encourage deep breath
"smell the soup"
cool down the soup"

Shapes —
star breathing
lazy 8 breathing
square breathing
triangle breathing

Your Body —
your hand
whole body movement

Coping Skills for Anxiety/Stress

Mindfulness Practice—
One mindful minute
Spiderman mindfulness
Audio and visual mindfulness scripts

Grounding Techniques—
54321 grounding
Alphabet grounding

Identifying and Taming Anxiety—
Take-home worksheets to help identify anxiety
Thermometer for anxiety worksheet
"Sources of stress" worksheet

Coping Skills for ADHD

Movement Breaks
wall push-ups
yoga
music and movement

Sensory Ideas
proper fidget use
calming jars
using senses (tactile, hearing, visual, auditory, etc...)

The Importance of Play
recess
clubs/after-school
open-ended play ideas

Coping Skills for Anger/Frustration

Small physical movement activities to manage frustration—
squeezing play dough
scribble drawing
bubble wrap
ripping paper

Big physical movement activities to manage anger—
jumping jacks
running
obstacle courses
yoga

Processing anger—
comic strip processing
what I can control vs. what I can't control worksheet

Practical Implementation Ideas for the Classroom or Office

Make a coping skills toolkit for your room—
fidgets
coping skills cue cards
other visuals

Distraction coping skills—
word searches
hidden pictures

Creating a calm down spot/calm down room—
identify a good spot create an area that is peaceful and relaxing
coping skills toolkit

Practice your own coping skills—
mindfulness and self-care worksheet

Objectives:

1. Develop strategies for teaching kids coping skills that positively impact academic performance and their ability to maintain relationships.
2. Analyze how the nervous system response of "fight, flight or freeze" is connected to stress and communicate how coping skills can be used to shift kids to a more tranquil "rest and digest" response.
3. Establish a classroom routine that allows for breaks to benefit both hypo-arousal and hyper-arousal in kids with ADHD.
4. Articulate how mindfulness and grounding techniques can be used to help children manage their symptoms of anxiety.
5. Establish methods to determine the source of stress and create a plan to eliminate shutting down or acting out.
6. Utilize specific movement-based strategies that can effectively intervene in kids' anger responses.

Target Audience: Educators • Counselors • School Psychologists • Social Workers • Psychologists
Therapists • Marriage & Family Therapists • Occupational Therapists • Occupational Therapy Assistants
Speech-Language Pathologists • Nurses • Other Mental Health Professionals.

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Anxiety, ADHD and Anger in the Classroom

60 ACTIVITY-BASED COPING SKILLS TO
EFFECTIVELY MANAGE "BIG FEELINGS"

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Anxiety, ADHD and Anger in the Classroom

60 ACTIVITY-BASED COPING SKILLS TO
EFFECTIVELY MANAGE "BIG FEELINGS"

- Quick tips to help angry kids cool down fast
- Coping skills for transitions – without holding up the whole class
- Take home worksheets to tame stress and anxiety



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Thursday, December 13, 2018

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Anxiety, ADHD and Anger in the Classroom

Managing the emotional climate of your classroom is crucial to learning. When children are struggling to manage anxiety, ADHD and anger, they can't focus on the academic tasks expected of them in a classroom setting. By teaching kids simple, healthy and safe ways to express their emotions and calm their bodies, they will be better able to concentrate on their work during the school day. The positive impact healthy coping skills will have on a child's academic performance is truly transformational.

In this seminar, we'll learn how coping skills impact a student's nervous system, and how to use that knowledge to help kids calm their bodies and get ready to learn. Join coping skills expert and experienced school counselor Janine Halloran, LMHC as she shows you coping skills and techniques ideal for a classroom.

- Walk away with a coping skills toolbox:
- Deep breathing printables
- Check in sheets
- "Anxiety thermometer"
- Relaxation exercises
- "What's your play personality?"
- And many more!

Be prepared for experiential learning and movement as we try different coping skills like grounding techniques, breathing exercises, and big body movements throughout the day.

Live Seminar & Webcast Schedule

(Times listed in Eastern)

7:30 Registration/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.

Speaker

Janine Halloran is a Licensed Mental Health Counselor with over 17 years of experience working with children, teens and their families. She is the founder and CEO of Coping Skills for Kids, where she creates and curates tools & resources to help adults teach kids healthy ways to deal with stress, anxiety and anger. She is the author of the *Coping Skills for Kids Workbook*. Janine is an NBC Parent Toolkit Expert and has written articles featured on their blog. In addition, she has written for several other publications, including *Hey Sigmund*, *Confident Families Confident Kids* and *Bay State Parent Magazine*. Janine's worked in a variety of settings, including schools, residential programs and outpatient mental health facilities. She is in private practice and offers consultation.

Speaker Disclosures:

Financial: Janine Halloran is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janine Halloran has no relevant non-financial relationship to disclose.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 12, 2018, 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 is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 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.pesi.com/webcast/66257



Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

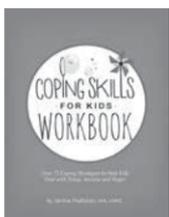
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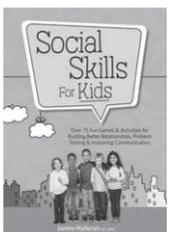
Coping Skills for Kids Workbook

Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger

Janine Halloran, LMHC **YOUR PRESENTER**

Dealing with stress, anxiety and anger are important skills to learn, but not all kids learn those strategies naturally. The Coping Skills for Kids Workbook can help teach children to calm down, balance their energy and emotions, and process challenging feelings. Author Janine Halloran, LMHC, shares over 75 innovative, fun and engaging activities developed from her experience in schools, outpatient mental health clinics and as a mother.

Loved by counselors, educators and parents alike!!



Social Skills for Kids

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

Janine Halloran, LMHC **YOUR PRESENTER**

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



CE hours obtained from this program can be applied toward the ADHD Clinical Services Provider Certification (ADHD-CCSP) through the Institute of Certified ADHD Professionals. For details, visit www.adhdcert.com.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 professions 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.

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NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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

NEW JERSEY EDUCATORS, ADMINISTRATORS & EDUCATION SERVICES PERSONNEL: This activity will offer 6.0 Actual Professional Development Hours. PESI, Inc., powered by MEDS-PDN, is a registered New Jersey Professional Development Provider with the NJ Dept of Education.

NEW YORK EDUCATORS: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hours(s), in the area of Pedagogy. Hours are based on full attendance.

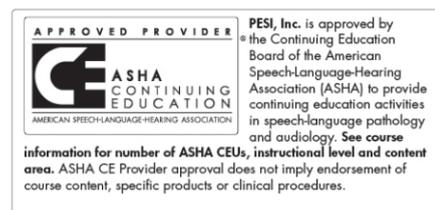
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NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This 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 this activity and contact your state board or organization to determine specific filing requirements.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY 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.

PSYCHOLOGISTS: This live 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 this activity and contact your state board or organization to determine specific filing requirements. American Psychological Association credits are not available.



SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

** Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts Section of the webcast.

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW JERSEY SOCIAL WORKERS: Please contact PESI, Inc. at 800-844-8260 or info@pesi.com for information about continuing education credits for social works.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

How to Register: ANXIETY, ADHD AND ANGER IN THE CLASSROOM: 60 ACTIVITY-BASED COPING SKILLS TO EFFECTIVELY MANAGE "BIG FEELINGS"

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- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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