

Strategies and Resources on How to Help Regulate Self-Regulation

CESA #12 Conference Center

Tuesday, October 11, 2011

Registration: 8:30 AM-9:00 AM

Training: 9:00 AM-3:00 PM

Overview

This presentation will provide Hands On and Hands Off experiences and techniques that have positive effects on self-regulation. Techniques and resources will be provided from Brain Science, Play, Yoga, The Feldenkrais Method, Boost Up Programming and multiple other intervention methods. Resources for using specific programs such as, "Focus To Learn" and "Kidnetics" will be briefly introduced. Practice will be provided for other interventions designed to develop rapport and relaxation, as well as, specific movement experiences to keep our own regulation optimum for learning. Be prepared to have a nice time and use both your body and your brain. Handouts will be provided for resources.

Presenters

Janet Sternat

Janet has been a licensed Physical Therapist for over 40 years and worked for CESA #12 for the past twelve. She has had extensive training in the use of a variety of modalities and likes to use ball play, moving equipment, Wii games and peers to encourage healthy development in natural settings. She has specialized in providing service to children in home & school settings, including 0-3 programs. She is a Guild Certified Feldenkrais Method Practitioner.

Ron Wiebusch

Ron is a Certified Occupational Therapist for CESA #12

Wisconsin State Performance Plan Indicators & Standards Addressed

Wisconsin's State Performance Plan Indicators: 3, 5, 6, and 7

Wisconsin Teacher Standards Addressed: 2, 3, and 5

Wisconsin Pupil Services Standards Addressed: 2, 3, 5, and 6

Wisconsin Administrator Standards Addressed: 2 and 3

Target Audience

General Education and Special Education teachers, Early Childhood Providers, Paraprofessionals, Occupational Therapists, Physical Therapists, School Psychologists, Guidance Counselors

Early Bird Fee (Before Tuesday, September 27, 2011)

\$75 per participant for member schools (Ashland, Bayfield, Butternut, Chequamegon, Drummond, Hayward, Hurley, Maple, Mellen, Mercer, Northwood, Phillips, Solon Springs, South Shore, Superior, and Washburn) \$100 for Non member school(s) (Winter)

Registration Fee (After Tuesday, September 27, 2011)

\$100 per participant for member schools (Ashland, Bayfield, Butternut, Chequamegon, Drummond, Hayward, Hurley, Maple, Mellen, Mercer, Northwood, Phillips, Solon Springs, South Shore, Superior, and Washburn) \$125 for Non member school(s) (Winter)

Registration fee includes materials, break and lunch

Deadline for Registration

Tuesday, October 4, 2011 (Registration cancelled after registration deadline will not be refunded)

*No late, on-site, or walk-in registrations accepted**

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Name: _____

Position: _____

District: _____

School Building: _____

Registration must be completed on <http://www.myquickreg.com>