

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

Live Seminar & Webinar 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.

FREE BONUS OFFER!

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We Are Back! Join In Person or Online!

Anxiety, ADHD and Anger in the Classroom

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

Featuring Janine Halloran, LMHC, author of the best-selling books, *Coping Skills for Kids Workbook* and *Social Skills for Kids*

Easy-to-apply, proven strategies for the VIRTUAL & IN-PERSON Classroom

Anxiety, ADHD and Anger in the Classroom

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

Ellicott City, MD
Thursday
March 10, 2022

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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
- Relaxation exercises
- Check in sheets
- "What's your play personality?"
- "Anxiety thermometer"
- 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.

Objectives

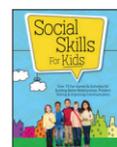
1. Develop strategies for teaching kids coping skills that positively impact academic performance and their ability to maintain relationships.
2. Analyze how the nervous system response of "fight, flight or freeze" is connected to stress and communicate how coping skills can be used to shift kids to a more tranquil "rest and digest" response.
3. Execute a classroom routine that allows for breaks to benefit both hypo-arousal and hyper-arousal in kids with ADHD.
4. Utilize mindfulness and grounding techniques that can be used to help children manage their symptoms of anxiety.
5. Employ 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.

Recommended Reading:

Purchase this training for these exclusive savings!



Coping Skills for Kids Workbook
Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger
\$24.99 \$19.99



Social Skills for Kids
Over 75 Fun Games & Activities for Building Better Relationships, Problem Solving & Improving Communication
\$24.99 \$19.99*

Questions? Visit our FAQ page at www.pesikids.com/faq or contact us at www.pesikids.com/info.

Can't attend in person? You can still join us!

Watch live webinar from your home or office – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) **or Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours, approvals and cost of CE Certificates may vary from live event, visit pesikids.com for availability).

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 Graf** at mgraf@pesi.com or call **715-855-8199**.

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.

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

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" for full attendance start and end times. The CE certificate for the live, webinar can be downloaded after completing the webinar and passing the online post-test evaluation (80% passing score). 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 ces@pesi.com or 800-726-3888 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. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, 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.

District of Columbia (DC) Counselors: CE credit is available. This course consists of 7.0 continuing education clock hours for DC Counselors. The District of Columbia Municipal Regulations for Professional Counseling (5.6612.3) confirm acceptance of continuing education programs relevant to counseling by organizations that have been approved by a counseling board in another state. 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 7.0 contact hours.

Virginia Counselors: CE credit is available. This course is approved for 6.25 clock hours of continuing competency instruction for Virginia Counselors. The Virginia Board of Counseling recognizes continuing competency activities in the behavioral health field offered by organizations that are approved by a counseling board in another state (18VAC15-20-105). 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 6.25 contact hours.

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

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.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours. Partial contact hours will be awarded for partial attendance.

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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

Virginia Psychologists: CE credit is available. This course consists of 6.25 continuing education credit hours for Virginia Psychologists. The Virginia Board of Psychology (5.18VAC125-20-122) confirms acceptance of programs by any continuing education provider approved by a psychological association or psychology board in another state or jurisdiction. PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content.

Speech-Language Pathologists:



PESI, Inc.

Intermediate Level

.6 ASHA CEUs

**Please note that Speech-Language Pathologists and/or Audiologists 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, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical 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.

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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Anxiety, ADHD and Anger in the Classroom

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* plus applicable sales tax, visit www.pesikids.com/faq for more information

4 Recommended Reading

\$24.99 \$19.99 Coping Skills for Kids Workbook** PUB085420
 \$24.99 \$19.99 Social Skills for Kids book** PUB085490

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

5 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

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IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **Get a Group Discount!** Contact us at pesikids.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required
- **\$50 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesikids.com/coord for availability and job description, first come, first serve.
- **Discounted Student Rate:** 50% off standard tuition on live events for students. Current student schedule with registration form required or visit www.pesikids.com/students for details.

QUESTIONS

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