

**8 - 9AM      Part 1**

**1. Cultivating Joy and Well-Being with Our Students**

**Student - Teacher Relationship**

- a. How we see our students (children help us remember what we forget)
- b. Redefining and reconsidering listening (cooperate vs. co-operate)
- c. Classroom management via entering the world of a student

**Same Team Mindset**

**Proactive Approach**

- a. Pockets of Day Rules
- b. Proactive Language
- c. Group Discussions

**9:00 - 9:15      Break**

**9:15 - 10:30      Part 2**

**1. Developing our Own Well-Being**

We teach who we are

What is intrinsic well-being as self-regulation?

Experiencing our intrinsic well-being

What is our survival brain? – dysregulated

Experiencing our survival brain

What do we do when we're activated?

**Closing**

**10:30 - 10:45**

**Break**

**10:45 - 11:45**

**Part 3 — Lower Elementary Workshop**

Joyful, creative transitions