



**A COMMUNITY OF PRACTICE IN
SOCIAL AND EMOTIONAL LEARNING (SEL)**

**Teacher Stress! Student Stress!
How to Manage Daily Stress and Challenging Behaviors**

Yoga

Mindfulness

Meditation

These words are being used a lot today. What are these strategies? Do they really work?

Teachers experience a great deal of stress in their jobs. Come and learn how yoga and mindfulness can be useful to you and your students! Specific strategies will be taught, with an opportunity to practice. Hear what teachers have to say about these techniques and the reaction and impact on their students!

Learn about **FREE RESOURCES** and **CLASSES** for teachers!

Featured Speakers:

Alison Bologna, Shri Yoga

Shara Plynton & Jackie Ash, Pawtucket Schools

Learn strategies to help you as an educator manage your stress.

Learn how to use these strategies with your students to provide behavioral support, help students manage their stress and improve their focus.

Who can attend?

- Administrators
- General Educators
- Special Educators
- Social Workers
- Psychologists
- Students in Preservice Programs

Wednesday, November 28, 2018

4:00—6:00 pm

Shriners Imperial Room, One Rhodes Place, Cranston, RI

Registration is FREE, so [Register On Line](#) TODAY!

Trouble with registration? Contact alice.woods@ride.ri.gov

Individuals who need a sign language interpreter or other auxiliary devices for effective participation are asked to make these needs known to Miriam.alvarado@ride.ri.gov or 222-8944 by November 9, 2018. Individuals using TDD may call Relay RI at 1-800-745-5555.