

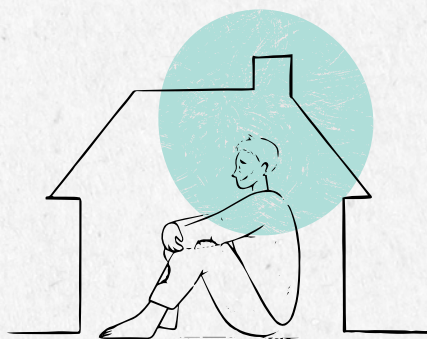
# Mindful Mondays:

## Evidence based strategies for students and educators



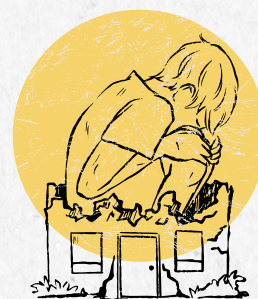
Using Breathwork  
and Grounding as  
Coping Strategies  
for Stress

September 25, 2023  
4:00 - 5:00 pm



Gratitude and  
Boundary Setting

October 30, 2023  
4:00 - 5:00 pm



Trauma-Informed  
Classroom  
Management

November 27, 2023  
4:00 - 5:00 pm

- How to use breathwork
- How to rewire our neural pathways
- Ways to use the science of gratitude
- How trauma impacts students
- Ways to implement behavioral strategies

We await you with open arms!



Karen Taylor  
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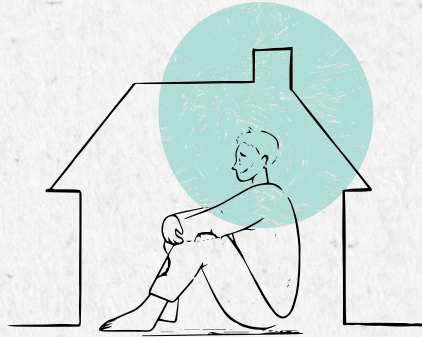
REGISTER NOW



### Using Breathwork and Grounding as Coping Strategies for Stress

September 25, 2023  
4:00 - 5:00 pm

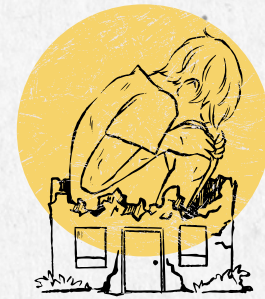
In this workshop, we will explore and practice various ways to use breathwork in our daily life to help us cope with anxiety, stress, anger, and a number of feelings. We will also practice and explore different grounding strategies which can help us transition in a more focused way inside and outside the classroom.



### Gratitude and Boundary Setting

October 30, 2023  
4:00 - 5:00 pm

In this workshop, we will explore the science of gratitude and how we can use gratitude daily to rewire our neural pathways. We will also practice setting healthy boundary setting for the classroom and at home.



### Trauma-Informed Classroom Management

November 27, 2023  
4:00 - 5:00 pm

In this session, we will discuss how trauma impacts students emotionally, physically, and behaviorally. Having this understanding will help teachers implement behavioral strategies that can benefit all students. There will also be discussion and practice on self-regulation as adults.



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