Problem behavior in the classroom is just that - a problem. What if I told you that “bad behavior” might be more than a student trying to be disruptive or non-compliant? Experiences and PERCEIVED safety have a huge impact on our ability to learn and retain information. Adverse childhood experiences and trauma symptoms can affect the body in ways that keep us imbalanced and unable to learn. Although it is a large topic, simple techniques can be used to help your students come back to a state of calm where they are able to learn and retain the information you need to teach them.

During this workshop, we will:

- Look at the various definitions of trauma (ex: developmental, shock, institutional/systemic, etc.) and stress.
- Talk about how that might “show up” for a person.
- Understand the concept of being in our “Window of Tolerance”.
- Discuss activities that can be done that will help you provide an environment that is trauma-informed in your classroom and in your school.

**Trauma-Informed Yoga and Mindfulness Techniques to Help Your Students Learn**

*Presented by Sue Murphy, E-RYT500 and Trauma-Informed Yoga Teacher*

Sue Murphy is an E-RYT500 and a Yoga Alliance Continuing Ed Provider. Prior to being a yoga teacher, Sue worked as an art teacher in the public school system. For over ten years, she has brought yoga and mindfulness into the community. Sue created the Yoga and Mindfulness Program in the Patchogue-Medford School District and the South Country Central School District. She continues to bring her passion to the education field by offering yoga and mindfulness techniques to the students and teachers alike. Sue also provides workshops to school districts on how to create a trauma-informed classroom. Enhanced by her knowledge of how trauma works within our bodies, Sue is also the founder of Healing Thru Yoga, a program whose purpose is to support trauma survivors by fostering empowerment and resiliency. Sue brings her understanding, knowledge, and energy to everything she does.
**TO REGISTER FOR Eastern Suffolk BOCES WORKSHOPS, REGISTER THROUGH THE ACTIVITY CATALOG**

*Check with your district to see if you are a member of Frontline/MyLearningPlan*

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**For Frontline/MyLearningPlan Member Districts AND NON-Frontline/MyLearningPlan Member Districts:**

To see available courses and to register:

- Go to the website: [http://webreg.esboces.org](http://webreg.esboces.org)
- Under ‘Search Options’ at the top center, select and check ‘Eastern Suffolk BOCES Professional Development Program’ from the drop down list and click search;
- Workshops are listed in chronological order
- Select the title of the course you would like to enroll in
- Click the **ENROLL** button at the bottom of the page
- Select the correct login method that applies to you (1) registered user; (2) new user; (3) MyLearningPlan.com user
- After you choose your login method then Enter **User Name & Password** – select Log in
- Enter and update (if needed) your personal account registration information
- Click **Update & Continue**
- Select payment method
- Click on the checkbox to agree to the Terms and Conditions regarding registration and/or cancellations –
  “REGISTRATION AND/OR CANCELLATIONS ARE DUE 10 SCHOOL DAYS PRIOR TO THE EVENT. THE DISTRICT WILL BE BILLED UNLESS CANCELLATION IS RECEIVED.”
- Click **SUBMIT**
- Select ‘Request Approval’ on the following screen if you are a Frontline/MyLearningPlan district - If you are a Frontline/MyLearningPlan District, and depending on your district, you will need to fill out the next screen titled “Regional Provider Form” making sure to fill out all required information; **IF ALL NECESSARY INFORMATION IS NOT ENTERED, A FORM ERROR WILL BE OCCUR AND YOU WILL NOT BE FULLY ENROLLED**
- Click **SUBMIT** once ALL fields are filled out
- If you are NOT a Frontline/MyLearningPlan district, print out the **ENROLLMENT FORM** and AFTER RECEIVING ADMINISTRATIVE SIGNATURE on this form, fax back to 631-240-8955
- You will receive an e-mail once you are fully registered
- Click **RETURN TO MAIN** and then **LOGOUT** to finish the process

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**PLEASE NOTE THAT SUBMITTING ONLY AN INTERNAL CONFERENCE REQUEST FORM DOES NOT REGISTER YOU FOR OUR WORKSHOPS/CONFERENCES – IT MUST BE DONE THROUGH THE ESB REGIONAL CATALOG**

Eastern Suffolk BOCES does not discriminate against any employee, student, applicant for employment, or candidate for enrollment on the basis of sex, gender, race, color, religion or creed, age, weight, national origin, marital status, disability, sexual orientation, military or veteran status, domestic violence victim status, genetic predisposition or carrier status, or any other classification protected by Federal, State, or local law. ESBOCES also provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding the implementation of the above laws should be directed to either of the ESBOCES Civil Rights Compliance Officers at ComplianceOfficers@esboces.org, the Assistant Superintendent for Human Resources, 631-687-3029, or the Associate Superintendent for Educational Services, 631-687-3056, 201 Sunrise Highway, Patchogue, NY 11772. Inquiries may also be addressed to the Office for Civil Rights at the US Department of Education, 32 Old Slip, 26th Floor, New York, NY 10005, 646-428-3800, OCR.NewYork@ed.gov.