

# THE ERIC CARLE MUSEUM OF PICTURE BOOK ART

## Making Room for Mindfulness

Summer Teacher Workshop

Thursday, August 8, 2019

**(7 PDPs)** Re-discover the joys of teaching during an all-day mindfulness workshop that promotes responsiveness, awareness, stress management, and overall well-being.

### SCHEDULE

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**8:30 – 9:00 am** Check-In and Refreshments

**9:00 – 9:15 am** Welcome and Introductions

**9:15 – 10:15 am** **KEYNOTE: What Teachers Bring Home From School: Mirrors and Windows for an Emotionally Healthy Life**, with Dr. Lesley Koplou, Director of the Center for Emotionally Responsive Practice at Bank Street College

Teaching is a highly misunderstood profession, rarely portrayed accurately by people who are not in the field. Therefore, it becomes essential for people in the profession to be able to acknowledge and tell the real story of life in the classroom, so they do not lose sight of their own powerful impact.

**10:15 – 10:30 am** **BREAK**

**10:30 am – 12:00 pm** **Cultivating a Mindful, Heartful Classroom**, with Kimberly Ochs, Instructional Coach with West Warwick Public Schools, Rhode Island

The research is clear that children and adults who practice mindfulness have greater awareness, attention, memory, peacefulness, and wellness. In her presentation Ochs will explore the definition, science and benefits of mindfulness, and share ways for educators and students to integrate simple, practical mindfulness techniques into their day.

**12:00 – 1:00 pm** **Catered Lunch/Time on own**

Time to shop in the store (participants receive a 10% discount), have lunch, and view The Carle's current exhibitions, including *Eric Carle Makes a Book*; *William Steig's Sylvester and the Magic Pebble: A Golden Anniversary*; and *The Picture Book Odysseys of Peter Sís*.

**1:00 – 2:10 pm** **BREAKOUT SESSIONS** (Educators will rotate through all three sessions)

**2:20 – 3:30 pm**

**3:40 – 5:00 pm**

#### **Space to Create**

Take time to explore art materials for your own enjoyment. Join us in the Art Studio to closely observe, experience, and discuss the qualities of materials. The Carle Art Educators will lead you in a session designed to celebrate materials and the space they create for discovery, creativity, and self-expression. (Facilitator: Carle Art Educator Meg Nicoll)

#### **Little Books for Big Feelings**

Explore picture book titles that tackle strong emotions and challenging events. Participants will discuss how these books invite us to see our own experiences and emotions, and brainstorm how to use them in the classroom. (Facilitator: Carle Literacy Educator David Feinstein)

#### **Mindful Self-Care for Educators**

Self-care is essential, so why is it so hard to do? In this session participants will explore several types of mindfulness practice, what the practice of mindfulness has to teach us about self-care, and how being more present for our own experience allows us to show up more aware, resilient and compassionate for students and others. (Facilitator: Meditation Producer and Artist Susa Talan)

**5:00 – 5:15 pm** Reflection and Program evaluation

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## REGISTRATION – SUMMER TEACHER WORKSHOP

### Making Room for Mindfulness

Thursday, August 8, 2019

(7 PDPs)

#### OFFICE USE

Trans # \_\_\_\_\_

Processed \_\_\_\_\_

Check # \_\_\_\_\_

Confirmed \_\_\_\_\_

Card ending \_\_\_\_\_

Please complete a separate form for each participant. Fax completed form to 413-256-8390 or mail to The Eric Carle Museum of Picture Book Art, Attn: Programs, 125 West Bay Road, Amherst, MA 01002. **The Carle does not accept purchase orders.**

#### Participant Information

(please print)

Name \_\_\_\_\_ Nickname \_\_\_\_\_

Job Title \_\_\_\_\_

Institution \_\_\_\_\_

Home Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

(Confirmations and reminders will be sent via email.)

Special accommodations or dietary restrictions:

\_\_\_\_\_  
\_\_\_\_\_

Are you a Member?  Yes  No

I am not a member but would like to join at the following level:

Art Associate \$125       Family \$75       Individual \$55

Teacher/Librarian \$45       Senior \$35       Student \$25

How did you learn about this program?

\_\_\_\_\_

#### Payment Information

Check payable to *The Eric Carle Museum of Picture Book Art*

Check # \_\_\_\_\_

Credit Card (*MasterCard, Visa, American Express, Discover*)

Card # \_\_\_\_\_ CVV# \_\_\_\_\_

Exp. Date \_\_\_\_\_ Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

#### Workshop Registration

Workshop Fee **\$ 130**

Member Discount (\$19.50) \$ \_\_\_\_\_

**Subtotal** \$ \_\_\_\_\_

Membership Fee (*optional*) \$ \_\_\_\_\_

**Total amount due** \$ \_\_\_\_\_

**Members receive a 15% discount.**

Registration closes **August 1** or earlier, if participation limit is reached. Early registration recommended. No refunds after **July 15**. There will be a \$25 processing fee on all refunds. Refund checks will be issued after the workshop concludes.

#### Consent

I authorize The Eric Carle Museum of Picture Book Art to photograph, record or film me and any artwork that I may produce at The Carle and to utilize these images or recordings for promotional purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

