

## PRESENTED BY

DuPage ROE  
Dr. Darlene Ruscitti  
Regional Superintendent  
DuPage County Schools

Course #857

Session 001 K-5

Session 002 6-12

Session 003 Both

Lunch is on your own

Register [HERE](#)

# Everyday SEL and Mindfulness

This workshop focuses on empowering teachers to use movement and Social Emotional Learning (SEL) strategies in the classroom to help students to learn self awareness and self-management skills. This session will provide teachers with easy and effective classroom management strategies. Participants will learn how to incorporate increased physical activity and mindfulness into the classroom setting in order to build student SEL competencies and create a more effective, “ready to learn” environment for all.

Presenter: Carla Tantillo Philbert, author of *Everyday SEL & Mindfulness*

Questions regarding workshop contact Dr. Sharon Frys - [sfrys@dupageroe.org](mailto:sfrys@dupageroe.org)  
Help with registration contact Sandi Hanson—[shanson@dupageroe.org](mailto:shanson@dupageroe.org)  
630.407.6080

Date: April 24 2018

Times:

K-5 8:00-11:00 am

6-12 12:00—3:00 pm

Cost:

\$125.00 one session

\$200.00 both sessions

Location:

DROE - JTK Auditorium

421 N County Farm

Wheaton IL 60187



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