

Agenda

8:00—8:30 am - Registration and morning snack.

8:30-10:30 - **Key note:** Karen Lawrence from STIC - We will view the documentary Resilience followed by an ACES 101 presentation/discussion.

10:45-12:15 - **Session 1**

Option A- Karen Lawrence - Brain Games

Option B - Leslie Vermaat - Emotional Literacy: Feelings, Books & Mental Health

12:15-1:00 pm - Lunch with information tables available - Lunch will be provided.

1:00—2:30 - **Session 2**

Option A - Jackie Stapleton - PBS Resources for Social-Emotional Learning

Option B - Jolie Ludwig—Supporting Every Child

2:30

Closing - Closing and Raffles

Keynote address: Karen Lawrence, M.Ed., Special Education

Researchers have discovered a dangerous biological syndrome caused by Adverse Childhood Experiences during the early years of life. As the documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for developmental issues, disease, and early death. In this section we will view the movie, then delve deeper into the science of ACEs and Resilience.

Morning Session A: Brain Games

Karen Lawrence - The Brain Architecture Game is a fun and hands-on experience that builds understanding of the powerful role of experiences on early brain development – what promotes it, what derails it, with what consequences for society. Much like life, the game begins with the roll of a die, from there your goal is to build a brain that is as tall as possible, which represents functionality, and as sturdy as possible, which represents the ability to withstand stresses.

Morning Session B: Emotional Literacy: Feelings, Books & Mental Health

Leslie Vermaat, MA, LMHC, Licensed Mental Health Counselor and Early Childhood Trainer - The foundation of good mental health involves being able to identify feelings and process them in a healthy way. This training will show you how to use books to teach your children the language of feelings and build the skills to manage them. Everyone will receive free children's books for your program.

Afternoon Session A: PBS Resources for Social-Emotional Learning

Join WSKG's education staff as they present an overview of media-rich materials available from Sesame Street and PBS KIDS focusing on supporting the social-emotional needs of our littlest learners. In this workshop, participants will explore a variety of resources responding to topics such as divorce, incarceration, grief, and general social-emotional development. Attendees will leave with ready-to-implement materials and will have ample time to practice suggested activities.

Afternoon Session B: Supporting Every Child

Jolie Ludwig - We will take a look at ACES and the impact it has on our children. How do we support children who have experienced trauma and working with students with special needs. This training is appropriate for early childhood as well as school age. Bring your questions to brainstorm solutions.