

## BREAKOUT SESSIONS



### 3 Willows Wellness Center (Karin Anderson, LMHC & Martha Degree, LISW) | *Calming the Restless Nature*

Learn to empower your students in identifying and managing their restless natures without disrupting the learning environment. You will learn how to set up the environment for increased student success, recognize student cues and when to shift instruction, teach students to identify their body cues and what they need to do to manage themselves and make good choices. We will also have a discussion of common mental health issues seen in therapy, which will help you in determining if a student may need additional intervention.

### Dr. Michele Borba | *The Nine Habits of Empathy*

Empathy activates conscience, curbs bullying, reduces prejudice, and promotes moral courage; it is the foundation of trust, the benchmark of humanity, and core to everything that makes a society civilized. But empathy is also diminishing in our students—a 40 percent drop in the last 30 years. For students to be truly successful, they also need to put themselves in someone else's shoes and think "WE" not "ME." This inspiring session offers ways to teach students vital habits that will increase empathy and reduce bullying while improving academic performance and character. You'll learn cutting-edge science that proves these gains, and you'll leave with dozens of simple, practical strategies that can be applied to any subject or grade level and make a difference in our students' lives.

### Jarod Bormann | *Developing a Child's Character by Developing Their Mindset - Advanced & Introductory*

**Advanced** - Last year, Jarod shared the idea of developing a child's character by developing their growth mindset. This year, he will take it further. Before we can help children develop their growth mindset, how do we as educators develop our own? Big ideas will be presented in this cognitively engaging session that turns the focus on you, the educator. Come prepared for self-reflection and hands-on practical tools and strategies.

**Introductory** - As adults, we shape a child's mindset with the words we use on a daily basis. These mindsets have a direct correlation to how the child develops as a whole. Come learn about what Growth Mindset is and is not. Learn how to empower kids by helping them develop their own growth mindset through various strategies that can be applied to the classroom and many other aspects of life.

### Pam Connolly & Kristin Woodward-Vaassen | *STOP, DROP, and ROLL with Character!*

This upbeat, energetic session will introduce fun-physical ways to keep your kids energized throughout the day. Learn how to keep character traits ALIVE by using Brain Gym exercises! Not only will the exercises focus on core values, they will also enhance connections between the right and left brain hemispheres, upper and lower parts of brain, and front and back of the brain to enhance learning, reading retention, and memory. These quick tips and brain breaks will keep your students positive, physically fit, and motivated to learn!

### Becca Johnson & Nan Welch | *Once Upon a Time... Books that Tell the Story of Character*

A good story with a connection to a message is worth a thousand words. Longtime educators, Becca and Nan, will highlight the newest books on the market with a character message and inspire you to share these stories with your students. Come for ideas and the chance to be immersed in new, quality literature during an upbeat session by two people who love children's literature! All books have been selected as the "choice" books from the Children's Cooperative Book Center at the University of WI-Madison, and have been personally selected with you in mind.

### Dr. Kimberly Johnson | *Everyday C.O.A.C.H.E.S.: Character is Key*

Learning to share information and strengthen each other through collaborative efforts will enhance the ability to formulate trusting environments. Dr. Kimberly Johnson invites you to take a step back to examine your own characters and/or biases when it comes to diversity. This interactive workshop will help educators learn the value of supporting each other and creating culturally responsive settings through a positive communication style to engage and interact with families from diverse backgrounds.

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### **Dr. Kimberly Johnson | *LEARN, LAUGH, MOVE! Build Character Through Language Expression***

Dr. Kimberly Johnson will discuss how language expression enhances listening skills and comprehension. Through the use of poetry and rhythm, children will experience empathy and bright language that can be transformed from their imaginations to creative writing pieces. If you need a workshop to inspire you to continue teaching and have fun with it, don't miss this session. Creative expression and language skills will come to life in your classroom setting again. COME LEARN, LAUGH, AND MOVE!

### **Marshall Elementary (Megan FitzPatrick, Carrie Hunold, Katie Kohl, Joe Maloney, Sara Runde, Stephanie Vondal) | *You've Been Eagled: Transforming Your Classroom & School with Character Development***

Join the team from Marshall Elementary School to learn how you can embed meaningful character development strategies in your classroom and school. The Marshall team has participated in the yearlong LACCS (Leadership Advancing Character and Culture in Schools) program and will share their school's character development plan and strategies they've implemented to enhance character development and service-learning within their classrooms and school.

### **Rick Mihm | *The Art of Being Truly Present***

No one has to be convinced about the challenges and stressors inherent in our modern day world, especially those specific to educators. Cultivating the idea of being present is key in listening and discerning the next step in any relationship. Without this inner work, we can easily find ourselves struggling with stress, impatience, and mild to major agitation. This session will explore these common stressors while helping you learn some simple steps to foster a greater awareness of being present to those around you.

### **Senior High (Trica Brokus, Brian Howes, Dr. Dan Johnson, Joan Schueller, Kristin Weiland, Mary Jo Williams) | *Developing Your School's Culture: The Ram Fam Way***

Dubuque Senior's Ram Family (The Ram Fam) has a long tradition of being inclusive. In this session, staff will share the collaborative process they used to develop their Ram Fam Core Values (Respect, Engagement & Integrity) and how they use those values to develop the culture of their community and impact student development. You will find out what worked, what they could have done better, and what they'll do next to continue to improve on the concept of "Our House."

### **Susie Smith & Lesley Sullivan | *The Anchor of Character Education: Community Meetings***

Community meetings set the tone for the day and build a sense of belonging for all students. Thread new learning with the focus of classroom meetings to enhance the capacity of character education throughout the school day. Join two Bryant Elementary School teachers in a discussion that will foster and build upon the importance of character education as they share collaborative strategies, classroom lessons, differentiated community meetings, and student work that demonstrate the students' internalization of their own personal character and the impact it has on their learning.

### **Julia Theisen | *Cultivating a Grateful Heart for Peace, Love, & Happiness***

Living in gratitude is perhaps the most powerful key to staying in positive mental health. Practicing short and simple gratitude exercises can have profound effects! Research has conclusively shown that we can increase our emotional, physical and mental well-being, and even dramatically reduce depression and anxiety, by focusing on gratitude. In this session you'll learn some quick, powerful gratitude practices that you can use immediately in the classroom and at home.

### **Washington Middle School (Mark Burns, Michelle Mentz, Linda Zillig) | *It Takes Moxie***

The GWMS (George Washington Middle School) Moxie Squad is an organization of almost 80 middle school student leaders working to improve inter-cultural competence and school climate. The GWMS Moxie Squad partners with teachers to deliver experiential lessons about how to navigate any difference that makes a difference to all teachers, staff, and students. Learn about the process leading to the creation of the Moxie Squad and engage with the student leaders in a lesson or two about difference.