

NORTHEAST CHAPTER



Iowa Association for the
Education of Young Children

An Affiliate of **naeyc**

Professional Development Opportunity

April 18th, 2020

8:00am-3:00pm

1 hour lunch on your own

Keystone AEA, 2310 Chaney Road, Dubuque, Iowa

FREE for NAEYC members!

\$15.00 fee for non-members.

The class is approved for 6 hours of DHS continuing education credit

Sign up on the training registry

Kindfulness for Young Learners-Social Emotional Learning Based Yoga and Mindfulness

“Experience based workshop introducing early learning educators to mindfulness-based research, embedded in social emotional learning and mindfulness-based yoga activities that can be implemented immediately in the classroom. The mindfulness-based activities utilized are taught through a trauma informed lens.

From the facilitator: Do you have challenging kiddos in your care? This class will offer ideas and strategies for you to use with the kiddos in your care. I took this training and found this class beneficial for me as well! That is, I learned breathing techniques and calming strategies that I could use in my personal and professional life.

Sign up on the training registry.

If a non-member, checks are made out to: NE Chapter of Iowa AEYC