



## IYK® CONNECTED CLASSROOMS WORKSHOP SYLLABUS

The traditional “Rs” of reading, writing and arithmetic are not enough for kids to succeed in today’s modern world. In order for kids to realize their full potential in our global society, they need to learn “The New Rs” for Student Success — Achievement in Academics and Athletics from preschool through high school.

### ***In this 2-hour course, educators will:***

1. Explore the science, psychology and philosophy of movement, meditation and mindfulness for all ages and abilities
2. Gain a solid understanding of “The New Rs” for Student Success and how to incorporate them into daily life
3. Discover exercises and mindset magic for preventative and prescriptive situations at home

### *You will leave with practical skills to:*

- **Shift From Breakdown to Breakthrough:** Learn to address anxiety and meltdowns with real-world tools and inspiring insights to self-regulate and help you find joy and purpose in your work.
- **Reduce Behavioral Challenges:** Gain a deeper understanding of how stress and emotional dysregulation impact students, and uncover effective strategies to build resilience and foster a calm, focused learning environment.
- **Boost Student Engagement:** Discover wellness and SEL tools that create meaningful connections with students and inspire them to engage academically and emotionally.
- **Feel Empowered:** Avoid burnout and walk away with fresh ideas, practical solutions, and a renewed sense of confidence to face fears with courage and overcome challenges with clarity and optimism.

