

PROFESSIONAL DEVELOPMENT – ONLINE

Teachers, Technicians, Attendants, and Daycare Educators

DATE: TUESDAY, DECEMBER 1, 2020

TIME: 3:30 pm to 4:30 pm

BRAIN BREAKS MAKE A REAL DIFFERENCE



Brain Breaks have become an integral way of helping students to transition from one type of learning activity to another. It might be easy to dismiss Brain Breaks as being non-essential to classroom learning and student progress, but there is now a wealth of research that informs us that Brain Breaks make a difference for students academically, behaviourally and emotionally. There are numerous ways of facilitating Brain Breaks. They can be active or quiet and reflective. This session will describe how you can use Brain Breaks with the students in your care both in the classroom or daycare and, if necessary, online.

SUITABLE FOR: ELEMENTARY AND EARLY SECONDARY

PRESENTED BY: Eva de Gosztanyi, Martine Demers and Catherine Korah

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