



Engaging Virtual Trauma-Informed Bilingual Option

# TEACHER TRAINING

## WELLNESS & STRESS MANAGEMENT

1. **CREATE & CONNECT WITH NATURE INSPIRED ART**
2. **ART & MEDITATION - RELAX, CREATE & DE-STRESS**
3. **RENEW YOUR PASSION - SELF CARE FOR TEACHERS**
4. **TAMBOURINE ENERGY BOOSTER - JOYFUL MIXED MEDIA**
5. **VISION BOARDS - SETTING GOALS & INTENTIONS**

## CURRICULUM COMPETENCIES

1. **ART, LITERACY & LANGUAGE** Toddler, PreK or School-Age focus
2. **EARLY MATH & SCIENCE** Toddler, PreK or School-Age focus
3. **RESILIENCY & SELF REGULATION** PreK or School-Age focus
4. **POSITIVE SOLUTIONS FOR CHALLENGING BEHAVIORS**
5. **MORE ART LESS CRAFT / WHY PROCESS ART MATTERS**
6. **MATH IS MY SUPERPOWER / MAKING MATH FUN**
7. **STEM TO STEAM / ENGAGING ACTIVE LEARNERS**
8. **TRAUMA-INFORMED ART IN THE ECE CLASSROOM**
9. **STEM & CREATIVITY IN THE OUTDOOR CLASSROOM**
10. **JUMPSTART FOR TODDLERS / MESSY ART & THE BRAIN**
11. **MENTAL HEALTH FIRST AID / WHAT TEACHERS NEED TO KNOW**
12. **BUILDING COMMUNITY IN THE MULTICULTURAL CLASSROOM**

**HANDS-ON  
PROFESSIONAL  
DEVELOPMENT  
IN EARLY CHILDHOOD  
EDUCATION**



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