Workshop Descriptions & Learning Objectives

Hands-On Professional Development with Anna Reyner, MA

16 Interactive Workshops / 4 Content Areas to Choose From

Each workshop combines research-based learning, hands-on art, and practical classroom strategies.

TRANSFORM THE CLASSROOM
1. Positive Solutions to Challenging Behaviors
2. Art in the Trauma-Informed Classroom
3. Building Community in Multicultural Classrooms
4. Gross Motor Art - A Calming Form of Play

INSPIRE THE TEACHER
5. Renew Your Passion - Creativity Boost for Teachers
6. Create & Connect - Collaborative Art & Play
7. Art as Active Meditation - Relax & Recharge
8. Intuitive Vision Boards - Self-Discovery Process

PROCESS ART & THE BRAIN
9. More Art, Less Craft - Why Process Art Matters
10. Messy Art - Tickle Your Senses!
11. Big Feelings, Small Bodies - Art as Self-Expression
12. Jumpstart for Toddlers - Sensory Play & The Brain

STEM & SCHOOL READINESS
13. Art, Literacy & Brain Development
14. STEM & Creativity in the Outdoor Classroom
15. Math is My Superpower - Making Math Fun
16. STEM to STEAM - Math, Science & Arts Integration

TRANSFORM THE CLASSROOM

1. Positive Solutions to Challenging Behaviors

What are the biggest behavioral challenges in YOUR classroom? Big feelings can be overwhelming for young children and their teachers. Understanding what children communicate through their behavior is the first step toward positive change. In this inspiring hands-on workshop, discover practical, trauma-informed strategies to help young children manage big feelings, build relationships, and develop self-regulation skills. Experience process art, movement, and sensory play firsthand as you explore creative ways to encourage emotional expression, release stress, and restore calm. Learn to create a nurturing classroom built on three essential elements: Safety, Connection, and Calm. Leave with playful, practical tools you can use right away.

Learning Objectives:
1. Understand the causes of challenging behaviors and review positive, developmentally appropriate responses
2. Experience hands-on process art and sensory activities that support emotional expression and self-regulation.
3. Learn strategies to create Safe, Connected, and Calm classrooms
4. Practice creative calming techniques that support well-being for both children and educators

2. Art in the Trauma-Informed ECE Classroom *Process over Product*

Open ended art is a creative process of self-discovery that literally grows the brain. Why then, do many teachers deliver cookie cutter crafts as art? Join this powerful workshop to learn how to use art for self-expression and building community. Process art offers children a sense of freedom…the freedom of choice, thought and feeling. Process art is a form of active mind-body engagement with sensory materials. This active engagement builds the brain in early childhood and serves to both calm the nervous system and release emotions. These calming and releasing functions have important implications for trauma-informed classrooms. This workshop will share key practices that are necessary to reduce the use of cookie cutter crafts in favor of true art that reflects children's authentic thoughts and feelings.

Learning Objectives:
1. Learn how current neuroscience supports art as self-regulation and stress release in trauma-informed classrooms
2. Discuss why teachers still deliver product over process art and how to change that mindset
3. Receive tips and resources on how to motivate staff to deliver social emotional process art over product art
4. Engage in process-oriented art activities that will relax and replenish your creative energy.

3. Building Community in the MultiCultural Classroom

Children hear about world events and go to school with children from many different cultures. In today's society, children must learn to respect and tolerate diversity, and manage cultural conflict effectively. In this creative, hands-on workshop you will learn how art can help construct a child's view of cultural differences and similarities. This workshop presents simple but effective art ideas that help reduce prejudice and stereotyping in schools. Build self value and self esteem for all children as you build an authentic classroom community.

Learning Objectives:

1. Learn how to be a stronger role model for inclusion
2. Increase your emotional intelligence and ability to communicate effectively with families
3. Explore your own bias in an art experience followed by break out room sharing with peers
4. See best practice examples of PreK Collaborate Art that you can easily duplicate in your classroom

4. Gross Motor Art - *Activities to Calm Squirming Bodies and Minds*

Physical art is an active mind-body engagement with sensory materials that channels energy and releases pent-up emotions. Active engagement with art materials and loose parts supports brain development, calms the nervous system, and provides healthy outlets for young children, especially those who have experienced stress overload or trauma. In this active hands-on workshop, experience energizing gross motor art activities that release stress and promote both physical and emotional balance. Explore the neuroscience behind art therapy and physical play, view inspiring video examples, and discover practical ways to bring these experiences into your preschool classroom. Anna will share highlights from her book, *Trauma-Informed Art Activities for Early Childhood*, along with four ready-to-use Physical Art Lesson Plans.

Learning Objectives:

1. Understand how neuroscience supports gross motor art as a calming self-regulation strategy
2. Experience hands-on physical art activities that channel energy and release stress
3. Explore practical ways to add movement to art in preschool classroom settings and on the playground
4. Practice *Draw Your Breath*, a relaxing art therapy activity that supports creative calm and well-being

INSPIRE THE TEACHER

5. Renew Your Passion *A Dynamic Creativity Boost for Educators*

Renew your sense of purpose and reduce stress in this hands-on creativity workshop. This workshop combines both energizing and relaxing art experiences. Engage in expressive art techniques and guided imagery that will help clarify what truly excites you and gives your life meaning and purpose. Learn art therapy techniques from instructor-led demo's, using simple classroom art supplies. Connect with peers and share experiences in small break out rooms. Discover how to make personal meaning from scribbles, doodles, and expressive art.

Learning Objectives:

1. Participate in 3 stress reduction exercises using art and mindfulness techniques
2. Engage in individual, small group and collaborative art experiences
3. Create a Mixed Media Collage representing current interests and passions
4. Learn how to use sensory right brain experiences as self care

6. Create & Connect *Build Belonging through Collaborative Art & Play*

Creativity, teamwork, and a sense of belonging are essential to workplace well-being and staff retention. Collaborative play has the power to strengthen relationships, inspire cooperation, and provide space where teachers can feel genuinely seen, valued and supported. In this hands-on workshop, teachers will experience several different collaborative art activities that inspire creativity, celebrate individual strengths, and foster a sense of community. Through shared art making and reflection, participants will explore how creative expression can strengthen relationships, build trust, and foster a supportive team culture where every educator feels valued, connected, and inspired by shared goals.

Learning Objectives:

1. Experience small group art activities that foster trust and belonging.
2. Explore and share reflections on how creativity inspires communication and teamwork.
3. Recognize the value of personal validation for teacher well-being and job satisfaction.
4. Practice collaborative art techniques using simple materials that can be adapted for classroom use.

7. Art as Active Meditation *Relax & Recharge with Art, Music & Guided Meditation*

Discover how the creative process can become a form of active meditation, helping you quiet your mind, express emotions, and reconnect with your inner strengths. In this engaging, hands-on workshop, explore playful doodling, open-ended art activities, and mindful relaxation techniques using simple art materials. Experience a guided imaginary journey designed to encourage self-discovery and uncover personal strengths, then bring your journey to life through expressive art-making. Share your creations and reflections with peers in a supportive setting. This experiential workshop promotes educator wellness while introducing creative art and mindfulness techniques that can also be adapted for young children.

Learning Objectives:

1. Explore how art and meditation support emotional awareness and personal well-being
2. Experience guided relaxation and visualization techniques that encourage self-discovery
3. Build creative confidence through playful, expressive art-making
4. Share creative experiences with peers and identify techniques for use with young children.

8. Intuitive Vision Boards A Unique Self-Discovery Process with Collage Art

Discover how intuitive art-making can inspire fresh perspectives and reveal meaningful personal and professional intentions. Unlike traditional goal-setting activities, intuitive vision boarding invites you to explore images, colors, and collage materials without a predetermined outcome, allowing new insights to emerge through the creative process. In this engaging, hands-on workshop, experience guided visualization and mindful reflection before creating your own intuitive vision board. Share your discoveries with peers and explore how this creative approach can support educator wellness, self-awareness, and renewed inspiration in work and life.

Learning Objectives:

1. Explore the differences between intuitive and traditional goal-oriented vision boards.
2. Experience guided visualization to encourage reflection and self-discovery.
3. Create an intuitive vision board using simple collage materials and imagery.
4. Share creative insights with peers and explore connections to personal and professional growth.

PROCESS ART & THE BRAIN

9. More Art, Less Craft *Why Process Art Matters*

Art activities are one of the best ways to promote literacy, language and brain development in early childhood. Art engages children's senses in hands-on, self directed learning and develops important cognitive, social, emotional and multi-sensory skills. This class presents current, evidence based research on the neuroscience of art and its impact on early brain development. Learn theory and practical strategies on how to maximize the value and impact of art when working with young children. Participants will have the opportunity to create hands-on art themselves.

Learning Objectives:

1. Learn how art develops cognitive skills and enhances early brain development
2. Discuss slides of child art that demonstrate how art reflects social/emotional development
3. Learn basic principles of art therapy and the neuroscience of art in early brain development.
4. Engage in open ended art activities that reinforce why process art matters

10. Messy Art , Tickle Your Senses! *The Fun and Value of Messy Play*

Discover the fun and developmental value of messy art in this lively, hands-on workshop! Experiment with colorful paints and slippery, foamy, bumpy, and textured materials that spark curiosity, creativity, and delight. Explore how sensory-rich art experiences encourage hands-on discovery, self-expression, and learning in young children. Combine paints with simple, inexpensive household materials to create exciting new sensory experiences. Leave your inhibitions behind, get your hands messy, and discover playful art ideas that children will love!

Learning Objectives:

1. Recognize the developmental benefits of messy art and sensory exploration.
2. Experiment with creative combinations of paints and textured sensory materials.
3. Experience open-ended sensory art activities that encourage curiosity and self-expression.
4. Identify inexpensive materials and practical messy art ideas for early childhood classrooms.

11. Big Feelings, Small Bodies *Art for Emotional Regulation & Self Expression*

Young children have BIG feelings, but they don't always have the words to express them. Anger, frustration, fear, and sadness can quickly spill over into challenging behaviors. Art and play give children another language. Through color, movement, and sensory experiences, children can express feelings that are difficult to put into words. Discover how the freedom to make creative choices builds personal agency, giving children a greater sense of control over their experiences and emotions. In this engaging, hands-on workshop, explore process art, sensory play, and movement activities that support emotional expression and self-regulation. Leave with practical ideas for creating calmer, more connected classrooms where children feel seen, understood, and supported.

Learning Objectives:

1. Recognize how art and play help children identify and express BIG feelings.
2. Explore how process art and sensory play support emotional regulation.
3. Understand the power of choice in developing personal agency and emotional confidence.
4. Experience hands-on activities that encourage healthy emotional expression.

12. Jumpstart for Toddlers Sensory Play & Brain Development for 2s and 3s

Messy art and sensory play are powerful tools for supporting brain development in toddlers. Through hands-on exploration of colors, textures, and fluid art materials, young children build neural connections that support cognitive, physical, and emotional growth. Discover how open-ended art experiences encourage curiosity, independence, and early learning as toddlers make their own choices and discoveries.

In this lively, hands-on workshop, explore developmentally appropriate messy art activities that engage the senses, strengthen emerging motor skills, and support emotional regulation. Learn why sensory-rich experiences are especially valuable for young children experiencing stress and how simple art materials can provide opportunities for calming, self-expression, and joyful discovery. Leave with practical, playful ideas you can bring directly into your toddler classroom.
Learning Objectives:

1. Understand how sensory art and active play support early brain development.
2. Explore the benefits of open-ended art compared with structured crafts.
3. Identify sensory art experiences that support emotional regulation and motor development.
4. Experience hands-on messy art activities using simple, toddler-friendly materials.

STEM & SCHOOL READINESS

13. Art, Literacy & Brain Development

Learn to recognize the value of open ended art in cognitive and social-emotional development, and how to facilitate art experiences that maximize new learning, especially in areas of literacy and language development. This dynamic workshop includes a slide-discussion on the Neurobiology of Art in Early Brain Development, as well as real life examples of best practice art activities from preschools throughout Southern California. Have fun with hands-on book making and observational drawing. Experience the calming effect of motion drawing and scribble chasing. Engage in creative new ideas and techniques that you can use right away in the PreK classroom and home visitation.

Learning Objectives:

1. Learn how art impacts cognitive and social-emotional development
2. Review slides and discuss how developmental ages & stages are reflected in children's artwork
3. Compare and contrast best practice examples of literacy based art activities from actual PreK classrooms
4. Create your own literacy based art project and share ideas with peers in small breakout rooms

14. STEM and Creativity *in the Outdoor Classroom*

Learn how to take your learning centers outdoors and facilitate active learning in your own natural environment. Provide activities that help children connect with nature, animals, the community and caring for the earth. Whether your classroom's backyard contains sand, dirt, flowers, vegetables, canopies, play equipment, trees or just plain concrete…this creative workshop will fill you with ideas to make the best of your own outdoor classroom situation.

Children need and benefit from time spent outdoors. This benefit affects development and learning and is critical for both physical and emotional health. Today, very young children are increasingly pressured to perform academically while they get much less time for outdoor play at home. Now more than ever, children need the benefits of outdoor activities where they can safely explore, observe and experiment in the natural world.

Learning Objectives:

1. Learn easy and fun outdoor activities to improve your science & math program
2. Identify how sensory play outdoors facilitates active learning and brain development
3. Learn how art, science and math are entirely interrelated, and how to maximize their synergy
4. Participate in sensory science activities that reconnect YOU to early science memories

15. Math is My Superpower *Making Math Fun*

In many ways, math is a child's ticket to the world. However, math fears and anxieties about math performance are often at the core of many adults' math attitudes. This of course, includes early learning teachers and parents, whose job it is to help children develop a love for learning that includes math! In this workshop you will learn and practice creative ways to incorporate math thinking, talking and doing into everyday classroom interactions. Young children have a natural interest and curiosity to explore and construct mathematical concepts. Nurturing children's math exploration can create a classroom atmosphere where students believe they can solve problems and learn fun, new concepts. Math is everywhere, and you are probably more engaged in mathematical concepts than you realize. Learn how to identify, label, and talk about what you are already doing that's mathematical, and then practice more ways to make math fun.

Learning Objectives:

1. Learn about NAEYC's six factors for high quality Prek math instruction
2. Review and practice how to "talk math" frequently to advance math confidence.
3. Define and practice what it means to use art materials with a mathematical mindset
4. Describe and share your own attitude towards math and how that influences your teaching style

16. STEM to STEAM *Science, Math & Arts Integration*

Discover how integrating art into STEM learning sparks curiosity, creative thinking, and scientific discovery in young children! Explore the powerful connections between art, science, and math, and learn how everyday art materials and loose parts can inspire investigation, experimentation, and problem-solving. Discover how process art supports a STEM mindset and encourages the curiosity, persistence, and flexibility of a growth mindset. Through examples from innovative preschool classrooms, see how simple changes to materials, learning environments, and teaching practices can transform STEM into STEAM. Explore the value of loose parts and Maker Spaces in encouraging child-led discovery. Experience engaging, hands-on sensory science and art activities that bring these connections to life and inspire fresh ideas for your own classroom.

Learning Objectives:

1. Recognize how STEAM supports creative thinking, problem-solving, and a growth mindset
2. Explore art materials and loose parts as tools for science and math investigations
3. Examine STEAM best practices, including Maker Spaces in four innovative preschool classrooms
4. Explore personal attitudes toward science through art-making and reflection

Additional Training Topics *On Request*

Art & Reggio Emilia *in the ECE Classroom*

The Reggio Emilia Approach is a philosophy of learning that originated in the small town of Reggio Emilia, Italy after World War II. During this introductory workshop, you will learn about the fundamental values and practices of the Reggio Emilia Approach, including concepts such as the image of the child, the environment as the third teacher, pedagogical documentation, and provocations. Examples of Reggio inspired PreK classrooms from throughout California will be viewed and discussed, with emphasis on art and the Reggio art studio, or Atelier.

The Reggio Emilia approach values the belief that children are strong, competent and capable citizens who are full of wonder and curiosity to learn. It believes that children have a natural drive that makes them want to understand and know about the world around them and how this world relates to them. The classroom is referred to as the "third teacher" in Reggio schools. Learn how to introduce elements of the Reggio Emilia approach into traditional classrooms to inspire new ways of learning. This workshop is ideal for educators who are new to the Reggio Emilia Approach.

Learning Objectives

1. Learn how the Reggio Emilia approach to learning compares to other early childhood learning theories
2. Review the key principles and values of the Reggio Emilia constructivist approach to early learning
3. Review slides from 10 different Reggio influenced toddler and PreK classrooms.
4. Experience 2 art activities that reflect a Reggio Emilia approach to art making

Tambourine Energy Booster *In Person Only*

Join peers for a lively and creative session designed to boost energy, encourage collaboration, and reduce stress through hands-on art making. In this playful workshop, participants will experiment with several process art techniques before creating their own musical tambourine to take home. Through simple demonstrations using crayons, markers, and watercolors, participants will learn open-ended art approaches that encourage exploration and creativity. These techniques are easy to implement with young children and adaptable for many classroom settings. Whether you feel confident in your artistic abilities or consider yourself "artistically challenged," this session offers a welcoming space to relax, create, and gather practical ideas to bring back to your classroom.

Learning Objectives

1. Collaborate with peers while exploring creative materials and techniques.
2. Learn multiple ways to use basic art supplies in open-ended activities.
3. Express creativity through several process-based art experiences.
4. Create and personalize a functional paper-mâché tambourine to take home.



For more information, Contact:

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1. "I loved this training! It gave me a different perspective" / Teacher SBDO Co PreK Services
2. "Anna's workshops are a breath of fresh air" / Asst Dir: El Monte City Schools Child Dev
3. "Great interactions, Anna brings everyone into the moment " / Training Specialist QRIS Tulare Co
4. "More please, love her presentation style and knowledge" / Conf CoChair, UCLA Arts & Healing
5. "A brilliant creative mind and educator" / Conf Chair, Expressive Therapies Summit
6. "Great value added to our Head Start conference, outstanding reviews" / Dir of PD, Illinois HSA
7. "Exceeded my expectations! Teachers engaged and had a great time" / Prog Dir Young Horizons















