

**Five 20-Minute Monthly
Complimentary Brown Bag Webinars
for Educators and the Students they Serve
Updated April 6, 2018**

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- *All webinars are offered free of charge through SDSU Zoom - <https://SDSU.zoom.us/j/781586558> -*
- *Each Webinar will begin promptly at 12 noon on each date indicated.*
- *Each webinar will be recorded and shared for future reference at http://rushingtoyoga.org/?page_id=286, where the free book with additional resources can be obtained.*
- *Each webinar will be no more than 20 minutes in length with 10 additional minutes for live questions and comments.*

Webinar 1: Decreasing Stress and Anxiety for Adolescents (ages 13-22) and those who Serve Them

April 26, 2018

This webinar covers the neurobiology of stress and anxiety and how triggers of stress and anxiety can be disrupted through some simple 2-6 minute daily practices easily embedded into in- and out-of-classroom activities.

Webinar 2: Increasing Attention Among Adolescents (ages 13-22) and those who Serve Them

May 11, 2018

“Please pay attention” is a phrase we often hear – not only in schools – but any time our attention is wandering when we don’t want it to do so. This webinar shares the neurobiology of mind-wandering and provides some simple 2-6 minute daily practices, easily embedded into in- and out-of-classroom activities, that can reduce mind-wandering.

Webinar 3: Increasing Emotion Regulation Among Adolescents (ages 13-22) and those who Serve Them

June 12, 2018

Emotionally charged behavior is evident – not only in schools – but also within our surrounding communities. Dealing with difficult emotions can be disruptive to positive goal-oriented behavior. This webinar shares the neurobiology of mind-wandering and provides some simple 2-6 minute daily practices, easily embedded into in- and out-of-classroom activities, that can reduce mind-wandering.

Webinar 4: Increasing Kindness and Pro-Social Behavior

July 10, 2018

Being kind to people who are kind to you is easy; being kind to people who are unkind to you is not easy. This webinar introduces some simple 2-6 minute daily practices, easily embedded into in- and out-of-classroom activities, that can increase kindness and pro-social behavior.

Webinar 5: Actively addressing the Neural Correlates of Aggression and Violence and the complications of the Developing Adolescent Brain

August 14, 2018

While understanding aggression and violence is complicated, this short webinar briefly covers some neurobiology of aggression and violence, the intersection of that neurobiology with the typically developing adolescent brain, and how loving kindness can be cultivated with some simple 2-6 minute daily practices easily embedded into in- and out-of-classroom activities.