



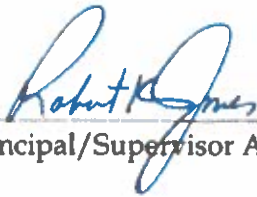
*How will I implement what I learned and how will I share this information with my colleagues?*

Attending the breakout sessions highlighted the importance of integrating brain-based practices into daily routines for both students and staff. Simple strategies like short breathing exercises, movement breaks, and mindfulness activities can significantly support focus and well-being. The sessions also emphasized the value of incorporating social-emotional learning, along with fostering compassion, gratitude, and strong relationships within the classroom environment.

My plan to implement these practices in my classroom is to take small chunk of time after breakfast, but before instruction, to do deep breathing exercises to help them start their day off right and help them understand how to do these exercises if ever they need to use it at another time. My plan is to share this information with my admin, especially the idea about a Restorative Center. If implemented, it will benefit not only the student in teaching them how to regulate themselves, but also the staff in aiding behavior management while trying to teach the curriculum.

*Other Comments:*

I am deeply grateful for the opportunity to attend the ESEA Conference. This experience has been invaluable in providing insights and strategies to address areas of need at EVES. Thank you to everyone who made this opportunity possible.



Site Principal/Supervisor Approval

2/27/26

Date



Deputy Superintendent Approval

2/27/26

Date