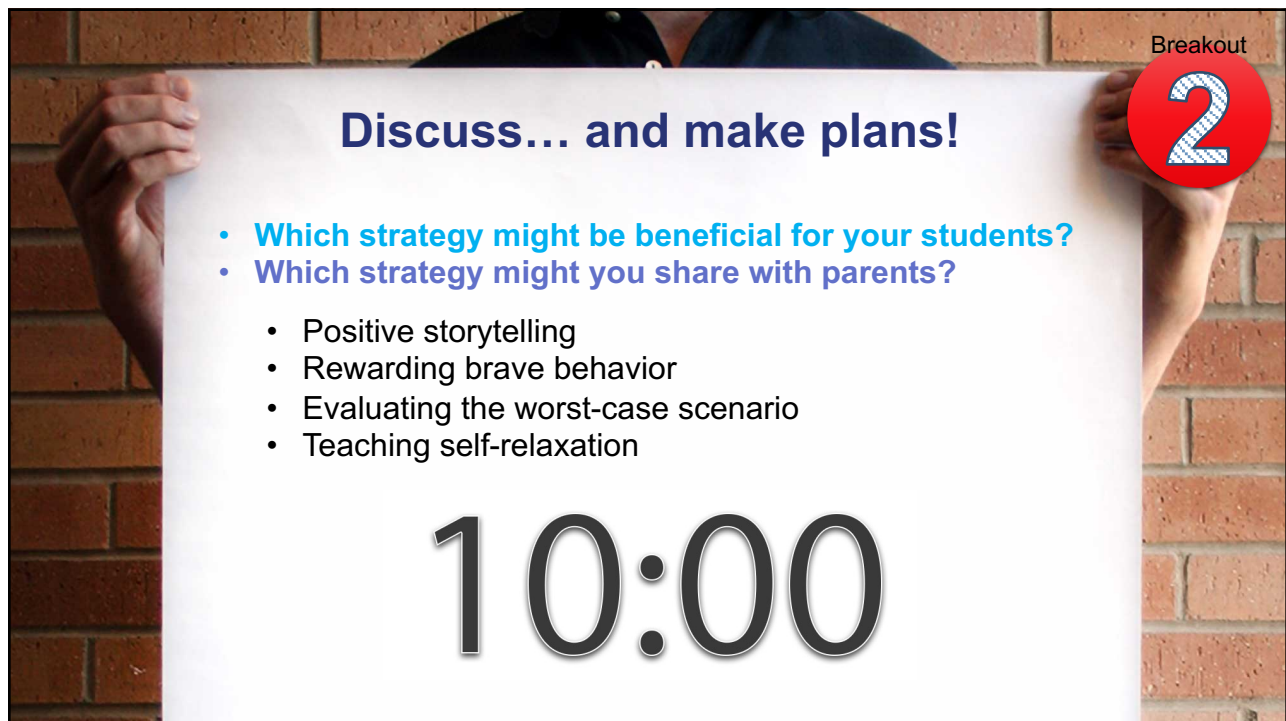


Breakout **1**

Discuss... and make plans!
Which strategies you will explore?

- Relaxation training
 - Tiers 1, 2, and 3
- Acceptance and commitment training (ACT)
 - Tiers 2 and 3
- Self-monitoring
 - Tiers 2 and 3

10:00



Breakout **2**

Discuss... and make plans!

- **Which strategy might be beneficial for your students?**
- **Which strategy might you share with parents?**
 - Positive storytelling
 - Rewarding brave behavior
 - Evaluating the worst-case scenario
 - Teaching self-relaxation

10:00