



# Welcome to Read to Succeed Webinar Wednesdays!



Presented by the United Way of Greater Nashville





# Welcome and Brain Smart Start

Welcome to RTS Webinar Wednesdays!

- Presenter – Riki Rattner of Be Well in School
- Facilitator – Elandriel Lewis, Manager of Early Learning and Training

Brain Smart Start

- Unite and Connect
  - Please use the chat box to share your name, where you work, and a highlight from this past week.
- Disengage the Stress
  - Moment of Silence and Wish Well
- Commit
  - What do you give yourself permission to do during today's webinar?
  - Share in the chat box if you are willing

# Breathe to BeWell

Riki Rattner, M.Ed., 200 RYT



# Agenda

1. Practice
2. Sympathetic vs. Parasympathetic
3. Trauma + the Body
4. Why Breath + Movement?
5. Application in the Classroom
6. Takeaways
7. Recommended Resources

# Practice



# The Autonomic Nervous System + Breath

	<b>Sympathetic</b> <i>"fight, flight, or freeze"</i>	<b>Parasympathetic</b> <i>"rest and digest"</i>
Blood Pressure	↑	↓
Heart Rate	↑	↓
Inflammation	↑	↓
Blood Sugar	↑	↓
Digestion	↓	↑



# Trauma + The Body

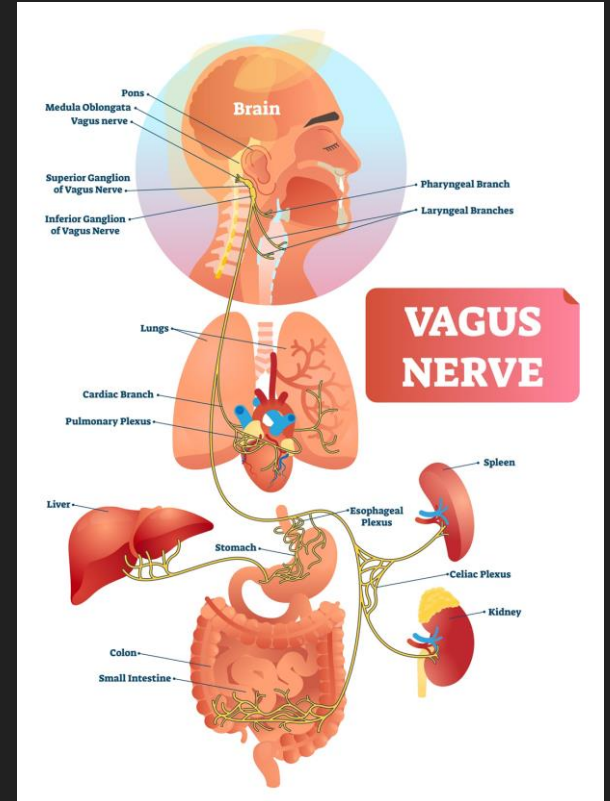
Video: Bessell van der Kolk: Overcome  
Trauma with Yoga

[https://www.youtube.com/watch?v=MmKfzbHzm\\_s](https://www.youtube.com/watch?v=MmKfzbHzm_s)



# Why Breath + Movement ?

- Trauma affects our physiology
- Vagus Nerve serves as “neural break”
- Not always productive to talk through trauma, but move through/out of it





# How do we make this relevant for our 3s-5s?

- Modeling + Mirror Neurons
- Be vulnerable
- Share your practice!



# Resources

- [The Body Keeps The Score by Bessel van der Kolk](#)
  - [Amazon link: https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr\\_1\\_1?crid=MN9NEWGPPP7R&dchild=1&keywords=the+body+keeps+the+score&qid=1591365195&s=books&sprefix=the+body+keep%2Cstripbooks%2C154&sr=1-1](https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr_1_1?crid=MN9NEWGPPP7R&dchild=1&keywords=the+body+keeps+the+score&qid=1591365195&s=books&sprefix=the+body+keep%2Cstripbooks%2C154&sr=1-1)
- [Breathe by Dr. Belisa Vranich](#)
  - [Amazon link: https://www.amazon.com/Breathe-Revolutionary-Program-Improve-Physical/dp/1250106427/ref=pd\\_lpo\\_14\\_t\\_0/130-6535202-3213564?encoding=UTF8&pd\\_rd\\_i=1250106427&pd\\_rd\\_r=0ac6c56a-e39e-4d25-8017-ac0224235c7d&pd\\_rd\\_w=b2mou&pd\\_rd\\_wg=5isaw&pf\\_rd\\_p=7b36d496-f366-4631-94d3-61b87b52511b&pf\\_rd\\_r=5QNAMWRZK6PD2D8J2TDW&psc=1&refRID=5QNAMWRZK6PD2D8J2TDW](https://www.amazon.com/Breathe-Revolutionary-Program-Improve-Physical/dp/1250106427/ref=pd_lpo_14_t_0/130-6535202-3213564?encoding=UTF8&pd_rd_i=1250106427&pd_rd_r=0ac6c56a-e39e-4d25-8017-ac0224235c7d&pd_rd_w=b2mou&pd_rd_wg=5isaw&pf_rd_p=7b36d496-f366-4631-94d3-61b87b52511b&pf_rd_r=5QNAMWRZK6PD2D8J2TDW&psc=1&refRID=5QNAMWRZK6PD2D8J2TDW)
- [Dr. Nadine Harris Burke on ACEs](#)
  - [YouTube link: https://www.youtube.com/watch?v=95ovlJ3dsNk](https://www.youtube.com/watch?v=95ovlJ3dsNk)
- [Polyvagal Theory](#)
  - [YouTube link: https://www.youtube.com/watch?v=br8-qebjlg](https://www.youtube.com/watch?v=br8-qebjlg)

# I'm here as a resource!

Riki Rattner

Founder, BeWell in School

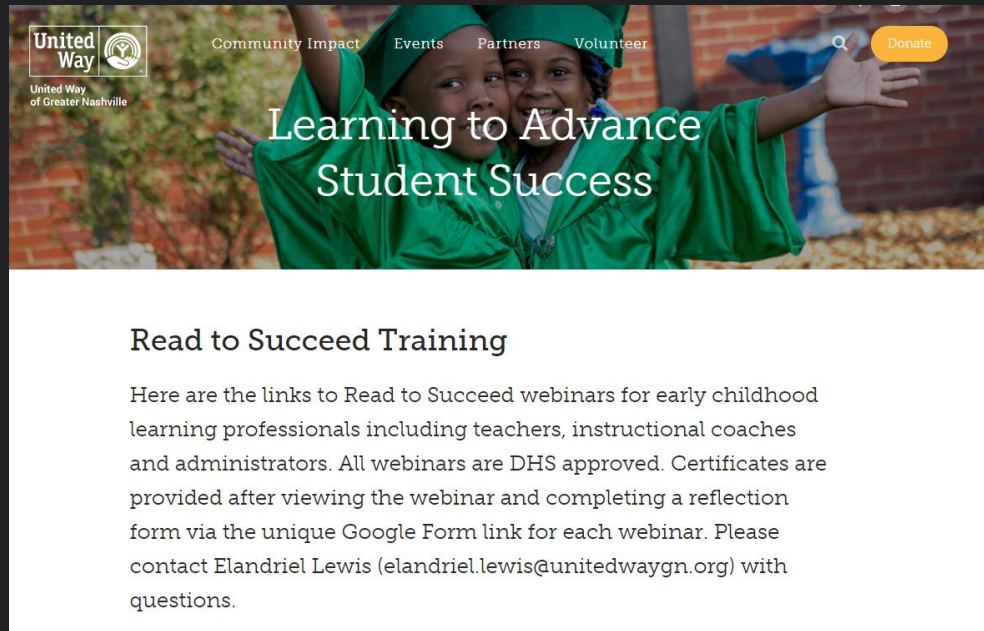
[www.bewellinschool.org](http://www.bewellinschool.org)

[riki@bewellinschool.org](mailto:riki@bewellinschool.org)

(615)293-5276

# FIND WEBINAR RECORDINGS

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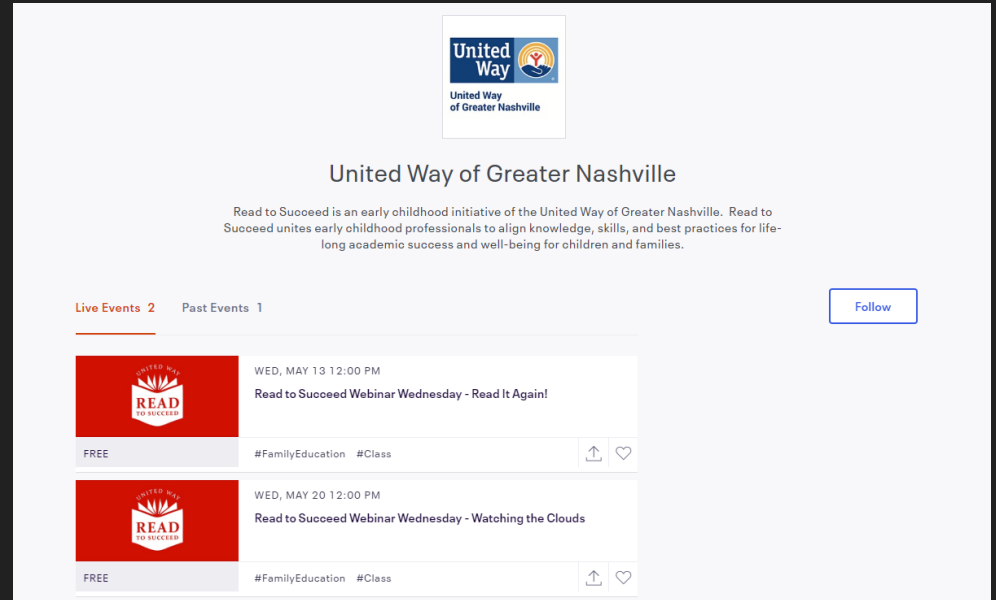
The screenshot shows the top portion of the United Way of Greater Nashville website. The header includes the United Way logo on the left, a navigation menu with links for 'Community Impact', 'Events', 'Partners', and 'Volunteer', a search icon, and a yellow 'Donate' button. The main banner features a photograph of two young children in green graduation gowns and caps, with the text 'Learning to Advance Student Success' overlaid. Below the banner, the section is titled 'Read to Succeed Training' and contains a paragraph of text about webinar links for early childhood learning professionals.

## Read to Succeed Training

Here are the links to Read to Succeed webinars for early childhood learning professionals including teachers, instructional coaches and administrators. All webinars are DHS approved. Certificates are provided after viewing the webinar and completing a reflection form via the unique Google Form link for each webinar. Please contact Elandriel Lewis ([elandriel.lewis@unitedwaygn.org](mailto:elandriel.lewis@unitedwaygn.org)) with questions.

<https://www.unitedwaynashville.org/rts-training>

# FIND AND REGISTER FOR FUTURE WEBINARS



The screenshot displays the United Way of Greater Nashville profile on Eventbrite. At the top right is the United Way logo. Below it, the text reads: "United Way of Greater Nashville" and "Read to Succeed is an early childhood initiative of the United Way of Greater Nashville. Read to Succeed unites early childhood professionals to align knowledge, skills, and best practices for life-long academic success and well-being for children and families." On the right side, there is a "Follow" button. Below the text, there are two event listings under the "Live Events" tab. Each listing includes a red "READ TO SUCCEED" logo, the date and time, the event title, the price (FREE), and hashtags (#FamilyEducation #Class). The first event is "Read to Succeed Webinar Wednesday - Read It Again!" on Wednesday, May 13 at 12:00 PM. The second event is "Read to Succeed Webinar Wednesday - Watching the Clouds" on Wednesday, May 20 at 12:00 PM. Both listings have share and heart icons.

**United Way**  
United Way of Greater Nashville

United Way of Greater Nashville

Read to Succeed is an early childhood initiative of the United Way of Greater Nashville. Read to Succeed unites early childhood professionals to align knowledge, skills, and best practices for life-long academic success and well-being for children and families.

Live Events 2 Past Events 1

Follow

**READ TO SUCCEED** WED, MAY 13 12:00 PM  
Read to Succeed Webinar Wednesday - Read It Again!  
FREE #FamilyEducation #Class

**READ TO SUCCEED** WED, MAY 20 12:00 PM  
Read to Succeed Webinar Wednesday - Watching the Clouds  
FREE #FamilyEducation #Class

<https://www.eventbrite.com/o/united-way-of-greater-nashville-30218001622>



**PAYING ATTENTION TO HOW OUR GOVERNMENT IS HANDLING COVID-19?**


**Take 2 minutes to register to vote at your current address.**

The COVID-19 outbreak exposes just how much your local, state, and federal government affect your daily life. Your vote is your way of making an impact on the decisions our government makes. Register online now with your state.


Email

Zip Code

**Get Started**



Tennessee Secretary of State Tre Hargett



**GoVoteTN**

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**Welcome to the Tennessee Online Voter Registration System**

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**Online Voter Registration:** You must have a Tennessee driver's license or Tennessee Department of Safety and Homeland Security ID in order to submit this application online. If you do not have a Tennessee driver's license or Tennessee Department of Safety and Homeland Security ID, you will be able to print the [voter registration form](#) and submit by mail.

**TN requirements to vote:**

- You must be a U.S. Citizen
- You must be a resident of Tennessee
- You must be at least 18 years old on or before the next election
- If you have been convicted of a felony, your eligibility to register and vote depends upon the crime you were convicted of and the date of your conviction. If your conviction made you ineligible, you may regain your eligibility if your conviction has been expunged or if you have had your voting rights restored, unless you were convicted of a crime that rendered you permanently ineligible to vote. [Learn more on our website.](#)

**Instructions:**

Fill in all the required fields on the application.

An online application for a new voter registration must be submitted at least thirty (30) days before the next election.

or

A printed voter registration application for a new voter registration must be postmarked or hand delivered to the proper county election commission office at least thirty (30) days before the next election.

Voter registration records are public records, open to inspection by any citizen of Tennessee (excluding social security and driver's license numbers).

View frequently asked questions about online voter registration or call 877-850-4559 for additional information.

**Click "NEXT" to start the online voter registration process.**

# REGISTER TO VOTE!

General Info on Registering to Vote - [https://vote.dosomething.org/?r=source:web\\_source\\_details:hellobar](https://vote.dosomething.org/?r=source:web_source_details:hellobar)

Register to Vote in TN - <https://ovr.govote.tn.gov/>

The screenshot shows the USA.gov website interface. At the top left is the USA.gov logo. A search bar contains the text "Search All Government" and a magnifying glass icon. To the right of the search bar is the phone number "1-844-USA-GOV1". Below the search bar is a navigation menu with categories: "All Topics and Services", "Benefits, Grants, Loans", "Government Agencies and Elected Officials", "Jobs and Unemployment", "Money and Taxes", "Travel and Immigration", and "Voting and Elections". A "Español" button is located on the right side of the page. The main content area is titled "Absentee and Early Voting" and includes a sub-header "How to Vote". A sidebar on the left lists related topics: "Absentee and Early Voting", "Do I Have to Vote for the Party I'm Registered With", "Voting on Election Day", and "Who Can and Can't Vote in U.S. Elections". The main text explains that users can learn about absentee and early voting as alternatives to voting on Election Day. A section titled "On This Page" lists links for "Absentee Voting or Voting by Mail" and "Early Voting". Below this, a section titled "Absentee Voting or Voting by Mail" provides information about voting by mail, noting that rules vary by state and may change in 2020 due to the coronavirus pandemic.

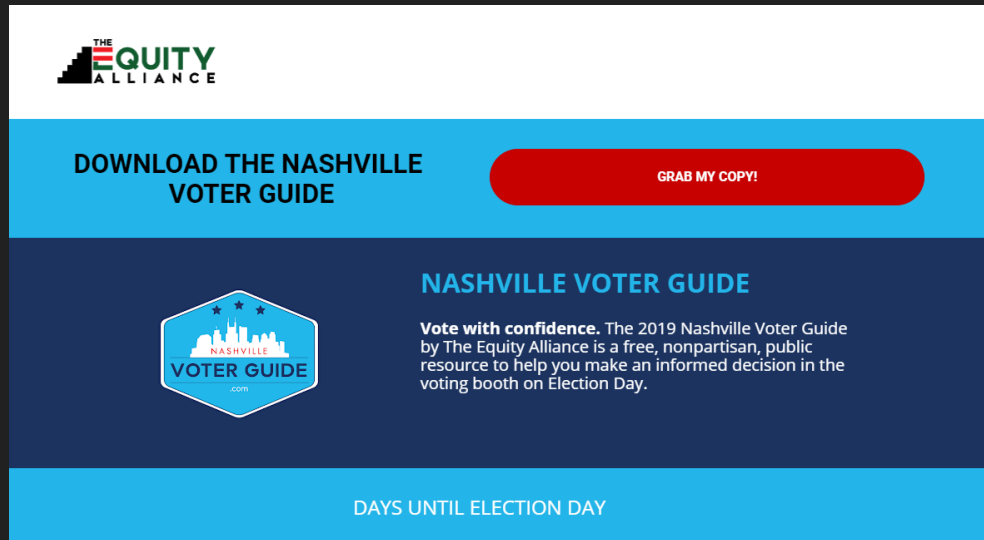
The graphic features a blue background with a red horizontal band across the center. The band contains the text "ABSENTEE BY-MAIL BALLOT INFORMATION" in white, bold, uppercase letters. Above and below the band are three white stars. In the bottom right corner, there is a logo for the Tennessee Secretary of State, which includes a star and the text "Tennessee Secretary of State". The title "Absentee Voting" is positioned at the top left of the graphic.

# GET AN ABSENTEE BALLOT!

General Info on Absentee Ballots - <https://www.usa.gov/absentee-voting>

Get an Absentee Ballot in TN - <https://ovr.govote.tn.gov/>

# NASHVILLE VOTER GUIDE



The screenshot shows a website banner for 'The Equity Alliance' Nashville Voter Guide. At the top left is the logo for 'THE EQUITY ALLIANCE' with a stylized American flag. Below it, the text 'DOWNLOAD THE NASHVILLE VOTER GUIDE' is displayed in white on a blue background. To the right is a red button with the text 'GRAB MY COPY!'. The middle section has a dark blue background with a hexagonal logo on the left that says 'NASHVILLE VOTER GUIDE .com' and three stars above it. To the right of the logo, the text 'NASHVILLE VOTER GUIDE' is in blue, followed by a paragraph: 'Vote with confidence. The 2019 Nashville Voter Guide by The Equity Alliance is a free, nonpartisan, public resource to help you make an informed decision in the voting booth on Election Day.' At the bottom, a light blue bar contains the text 'DAYS UNTIL ELECTION DAY'.

**THE EQUITY ALLIANCE**

DOWNLOAD THE NASHVILLE VOTER GUIDE

GRAB MY COPY!

**NASHVILLE VOTER GUIDE**

**Vote with confidence.** The 2019 Nashville Voter Guide by The Equity Alliance is a free, nonpartisan, public resource to help you make an informed decision in the voting booth on Election Day.

DAYS UNTIL ELECTION DAY

<http://nashvillevoterguide.com/>