



REGISTER NOW!

MARCH 5, 2021

FAB 5 workshops for teachers in their first five years are intended to build capacity, confidence, and practical strategies focused on the mental, emotional, relational and physical aspects of teachers and teaching.

FAB 5 2021 will be a real-time virtual conference on **March 5th** from **9:00 a.m. - 3:30 p.m.** Participants can also access the work on-demand after the live event. This year we will be collaborating with Eventmobi, an online virtual conference platform. Once participants have registered for either the live stream or on-demand, they will have access to the platform for 30 days.

To register for the real-time virtual conference **OR** the On-demand conference please visit our website at **www.mbteach.org**. All conference information will be found on My Profile. For more information contact **Sarah Gazan (sgazan@mbteach.org)** or **Eric Sagenes (esagenes@mbteach.org)**.



KEYNOTE SPEAKER: Dr. Joel Westheimer

Joel Westheimer is University Research Chair in Democracy and Education at the University of Ottawa and an education columnist for CBC Radio. Author, speaker, and education advocate, he grew up in New York City where he taught 6th, 7th, and 8th grade in the NYC Public Schools. In addition to researching the role of schools in democratic societies, Westheimer studies, writes, and speaks widely on global school reform, the standards and accountability reform movements, and the politics of education and education research. His latest book is *What Kind of Citizen? Educating Our Children for the Common Good*. Find out more at joelwestheimer.org and follow him on Twitter: [@joelwestheimer](https://twitter.com/joelwestheimer).

SCHEDULE OF EVENTS:

	Emotional	Mental	Relationality	Physical
Slot A 9:00-10:00	Dr. Joel Westheimer: Citizenship in Today's World			
Slot B 10:15-11:15	Teacher Resilience and Self-Compassion	Creating Thinking Classrooms	The Anti-Racist Classroom	Your Thinking Influences Your Eating
Slot C 11:20-12:20	Wellness and Coping	Powerful Play: Technology for Learning	Building Community: Working with Students and Families.	FISH! Food For Thought
Slot D 1:20-2:20	Staying Balanced: Indigenous Approaches to Wellness	Inclusion in Pandemic and Beyond	It's All about You: Planning for Teacher and Student Success	Will I Be Eaten by a Bear? Teaching in Northern and Rural Settings
Slot E 2:30-3:30	Making Sense of Mindfulness	Learning through Gamification	Building Trust and Synergy	Yoga

