

# √ It Out



**Infinitec**  
infinite potential through technology

November 7, 2017

<http://www.myinfinitec.org>

Follow us on Twitter: @MyInfinitec

## Featured Infinitec Stops This Week

### Wellbeing and Mental Health

#### **Wellbeing in School: Coping, Calming and Mindfulness**

*Presented by Wendy Selnes, M.A. BCBA, Brih Design*

This video topic of wellbeing in schools looks specifically at tools that promote wellbeing for students and educators. Included are coping skills that include breathing, present moment awareness through breath and senses and mindfulness visualization. Benefits of the activities for students and educators are described and a literature review is included. **Running Time:** 48:22 minutes; **Learning Credits:** 1.0

#### **Mental Health**

*Presented by Lori Hamilton, Assistant Director of Special Education, SE KS Education Service Center-Greenbush*

Children's mental health is without a doubt the most important aspect of any child's social and cognitive development. Children with mental health issues will have a difficult time acclimating to different situations. Studies have shown that these children, if left untreated by a mental health professional, will likely grow up and repeat these same behaviors with their children. These children tend to have a lower self-worth, negative feelings, perform poorly in school, and later become involved in unhealthy lifestyle decisions. However, when these children are properly treated they can learn how to live a more promising life. Resource handouts are available for this presentation. **Running Time:** 24:53; **Learning Credits:** .75

#### ***The web-map on Infinitec to these resources is:***

Sign in to [www.myinfinitec.org](http://www.myinfinitec.org) → on the home page, click on the main tab for Online Classroom → click Behavior in the scroll box at the mid-left side of the page → click on the video found in alphabetical order (pages 11 Wellbeing and 6 Mental Health).

#### **Share the News:**



Tell your district colleagues about MyInfinitec. This resource is too good to not share it!! And best of all, it's free!  
**Barb Lhotka, Editor** [barblhotka@embarqmail.com](mailto:barblhotka@embarqmail.com)

## **Webinars: Live**

Webinars from Infinitec are free to members. They are found on the bottom right side of the home page. Click on the webinar(s) of your choice to register. All you need is a phone and a computer with internet access. The phone call is free.

On the home page of Infinitec, on the left side of the page, you will find Webinar FAQs to answer all your questions regarding participation in a webinar. You will also find a very helpful Login Guide to Webinars on the home page. (Many webinars have been archived on the website.)

### **November 8, 2017**

3:30 PM CST - 4:30 PM CST

[Hidden Curriculum-Cycle of Meltdowns - Students w/ High Functioning Autism](#)

### **November 9, 2017**

3:30 PM CST - 4:30 PM CST

[Implementing Core AAC Systems & Adaptations for Individual Students](#)

### **November 15, 2017**

3:30 PM CST - 4:30 PM CST

[AAC: Measuring Success Through Data collection & Goal Setting By Mike Cole](#)

### **November 16, 2017**

3:30 PM CST - 4:30 PM CST

[20 Low-Cost Features for Designing Accessible Instruction for the Masses](#)

### **November 27, 2017**

3:30 PM CST - 4:30 PM CST

[Resources for All Learners: A Guided Tour of myinfinitec.org](#)

### **November 30, 2017**

3:30 PM CST - 4:30 PM CST

[Presuming & Constructing Competence: Why it is So Important](#)

### **December 5, 2017**

3:30 PM CST - 4:30 PM CST

[Adapting & Creating Classroom Content using Free Open Educational Resources](#)

### **December 7, 2017**

3:30 PM CST - 4:30 PM CST

[What's New in iOS 11 for Supporting Diverse Learners by Luis Perez](#)

### **December 11, 2017**

3:30 PM CST - 4:30 PM CST

[A Multi-tiered System of Supports \(MTSS\) Approach to AAC Services](#)

### **December 13, 2017**

3:30 PM CST - 4:30 PM CST

[Assistive Technology for Dyslexia: Chrome Tools by Jamie Martin](#)

### **Share the News:**



Tell your district colleagues about MyInfinitec. This resource is too good to not share it!! And best of all, it's free!  
**Barb Lhotka, Editor** [barblhotka@embarqmail.com](mailto:barblhotka@embarqmail.com)