



**Erin Walsh, Spark & Stitch Institute**

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***Connection Unleashes Learning***

New experiences, transitions, real and perceived danger, academic pressure, and unknowns can all evoke feelings of anxiety in children and youth. We know that too much stress impacts health and undermines learning. Yet learning how to handle appropriate stress is a healthy and normal part of development. Using warmth, stories, science, and humor, Erin Walsh will explain the impact of stress on the brain and focus specifically on how building relationships with students helps protect students from too much stress and prepares them to take on academic and social challenges.

***The Science of Motivation***

You don't have to go far on the Internet these days to find tips for how to "stay productive" during the pandemic and ideas for how to motivate students despite changing routines and high uncertainty. The reality on the ground though is that productivity and high motivation become more elusive as the pandemic wears on. Understanding the science of motivation can help us keep our eyes on how to nurture it in our students - not just for the sake of getting more done but for everyone's mental health and wellbeing.

***iBrain: Learning in an Age of Distractions***

Our reliance on screens has increased as school, socializing, and work move online. One of the most precious and valuable resources that students have today is their attention. Explore the brain science of attention, memory and multitasking in the context of a digitally connected world. Learn more about the distraction economy, the seeking brain, and practical strategies for building focus as students shift their attention between homework, YouTube, texting, and each other.

***It's Complicated: Students, Screens, and Mental Health***

Digital technologies are unleashing essential opportunities for connection, learning and participation. At the same time, parents and mental health professionals are concerned about the impact of increased screen time on student mental health and wellbeing. In this interactive and energizing presentation, Erin Walsh will translate the latest research into easy-to-understand language and share key ingredients for digital wellbeing.

***Is There An App For That? Developmentally Appropriate Uses of Technology in Early Childhood***

The youngest among us are no strangers to digital technology. Yet educators are inundated with conflicting advice about screen time. In this workshop, Erin Walsh will cut through conflicting information and translate the latest research into easy-to-understand language for early childhood professionals. Using stories, warmth, and humor Erin will share ways that technology can both help and hurt children's learning and development and explore practical strategies for helping young children thrive in a world dominated by screens.