

# Social & Emotional Learning Workshop for K-12 Educators!



- \*Receive training in the 5 core competencies of SEL
- \*Learn how to implement evidence-based practices

**Sessions: Thursdays from 3:30-4:30 pm**

**(participation in all 5 sessions is Not required)**

- **Session 1: Sept 17 Self-Awareness:** *Understanding and managing emotions in and out of the school day*
- **Session 2: Oct 1 Self-Management:** *Creating and achieving positive goals*
- **Session 3: Oct 22 Social-Awareness:** *Cultivating empathy in our children*
- **Session 4: Jan 14 Relationship Skills:** *Discovering strategies to teach relationship skills*
- **Session 5: Feb 4 Responsible Decision-Making:** *Exploring responsible decision-making with students*

“SEL is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”

---CASEL

REGISTER HERE: [HTTPS://SANBENITO.K12OMS.ORG/616-191853](https://sanbenito.k12oms.org/616-191853)

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EDUCATIONAL SERVICES

