



## **SOCIAL-EMOTIONAL LEARNING**

### **STUDENT WELLNESS**

### **STAFF WELLNESS**

As part of THE ROAD BACK document, we are all thinking about how to promote the power of **Social Emotional Learning** in our schools. According to CASEL, *“SEL will be critical in re-engaging students, supporting adults, rebuilding relationships, and creating a foundation for academic learning”* during this unprecedented time.

**EDUCATIONAL ENTERPRISES** is now offering a number of workshops and trainings that can address the emotional and wellness needs of students and staff as we look to re-enter schools in September.

These presentations can be done in-person or remotely, and can be tailored to meet your Professional Development needs. They can also be adapted and offered as half or full day workshops, or as shorter presentations that could be part of staff meetings.

### **TOPICS INCLUDE:**

- Full Workshop on **Social Emotional Learning**: What it is, how to implement it in schools, and tools and activities ready to be used by classroom teachers.
- **Mindfulness - Be Present to Learn** : Learn the value of mindfulness programs and their positive effect on instructional, emotional, and behavioral areas
- **Flexible Bodies/ Flexible Minds**: Yoga in the Classroom
- **Yoga/Mindfulness Clinics for Students**
- **The Power of Resilience** – workshop for staff as we navigate our new school “normal”
- **Wellness Series for Staff** – includes specific tools to build and engage in self-care to promote calmness

Please feel free to contact us for additional information or to schedule a presentation:

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