

## **Topics for 4-part Social Emotional Learning Series:**

### **Session 1 (November 2):**

#### **Relationships, The Developing Brain, Process Praise & The Environment**

At this training, we will learn about the developing brain, stress, and the difference between the three types of Praise and the benefits of helping children develop a stable, internal dialogue about themselves. We will also identify several environmental strategies that help to promote social emotional skills and prevent challenging behaviors.

### **Session 2 (November 9):**

#### **Teaching About Emotions, Friendship Skills & Problem Solving**

We will discuss strategies to help children learn about feelings and emotions and improve their ability to identify their feelings and those of others. We will also explore ways to teach children to recognize when their emotions are in the "red zone" and strategies they can use to support self-regulation. Participants will learn simple strategies to support children in navigating the complex world of friends, including those children who need extra supports in learning about friendship skills. Finally, we will discuss how to support children in handling conflict by scaffolding three simple steps.

### **Session 3 (November 30):**

#### **Social Stories, Visual Strategies and Other Individualized Interventions**

In the third session of the social emotional learning series, we will discuss best practices for working with children who are showing signs of emerging challenges. Learn how to support children through the use of social stories, visual strategies and other individual interventions to strengthen social-emotional skills and prevent persistent challenges.

### **Session 4 (December 7):**

#### **Connected, Caring & Compassionate – Teaching Social Emotional Strategies**

In the final session we will learn how to teach children to self regulate by exploring strong emotions like anger, tantrums, hitting, and screaming. Participants will explore the benefit of developing a book nook, routines and how it connects to brain development, attachment, self control and initiative.