



# ERASMUS+ BARCELONA

## 21.8.-28.8.2022

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Mgr. Nora Kleinová



# (SEL): Social and emotional learning for successful schools

- 15 kolegov

Bulharsko, Taliansko, Maďarsko, Rakúsko, Rumunsko, Slovensko

Vyučujúci: Marina Clauset (Brazília)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>9:30-11:00</b></p> <p>Introduction to the course, the school, and the external week activities;</p>	<p><b>9:30-11:00</b></p> <p>The CASEL framework for implementing SEL;</p>	<p><b>9:30-11:00</b></p> <p>Collaboration and relationship skills;</p>	<p><b>14:30-15:30</b></p> <p>Mindfulness in Schools, healthy boundaries for better relationships;</p>	<p><b>14:30-15:30</b></p> <p>Extending SEL to families and greater community; Design your unique path to SEL;</p>	<p><b>Cultural activities</b></p>
<p><b>11:00-11:15</b> Break</p>	<p><b>11:00-11:15</b> Break</p>	<p><b>11:00-11:15</b> Break</p>	<p><b>15:30-15:45</b> Break</p>	<p><b>15:30-15:45</b> Break</p>	
<p><b>11:15-12:45</b></p> <p>Icebreaker activities; Presentations of the participants' schools;</p>	<p><b>11:15-12:45</b></p> <p>The science of emotions and EI; Self-awareness tools and strategies - practical activities;</p>	<p><b>11:15-12:45</b></p> <p>Group SEL activities;</p>	<p><b>15:45-17:15</b></p> <p>Obstacles as opportunities and other building blocks to resilience;</p>	<p><b>15:45-17:15</b></p> <p>Course evaluation: round up of acquired competences, feedback and discussion;</p>	
<p><b>12:45-13:00</b> Break</p>	<p><b>12:45-13:00</b> Break</p>	<p><b>12:45-13:00</b> Break</p>	<p><b>17:15-17:30</b> Break</p>	<p><b>17:15-17:30</b> Break</p>	
<p><b>13:00-14:30</b></p> <p>Establishing the foundations for a school community that embraces SEL.</p>	<p><b>13:00-14:30</b></p> <p>Effective communication: changing our tune.</p>	<p><b>13:00-14:30</b></p> <p>Autonomy, responsibility and healthy interdependence.</p>	<p><b>17:30-19:30</b></p> <p>Facilitating constructive conflict management with SEL.</p>	<p><b>17:30-19:30</b></p> <p>Awarding of the course Certificate of Attendance.</p>	

Further information about the cultural activities are available on each location webpage.

Teacher Trainer: Marina Clauzet

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Notes: The schedule describes likely activities. Course modifications are subject to the trainer's discretion.

## What SEL is

- Recognizing emotions in oneself and others
- Managing strong emotions
- Having empathy for others
- Controlling impulses
- Communicating clearly and assertively
- Maintaining cooperative relationships
- Making responsible decisions
- Solving problems effectively\*

## What SEL isn't

- Kids sitting around in circles singing songs
- Parenting your kids for you
- Suggesting you're not doing a good enough job as a parent
- Suggesting that today's generation of kids is somehow broken
- Psychotherapy
- Taught at the expense of core academic subjects such as math, science, and literacy\*

*\*Committee for Children*











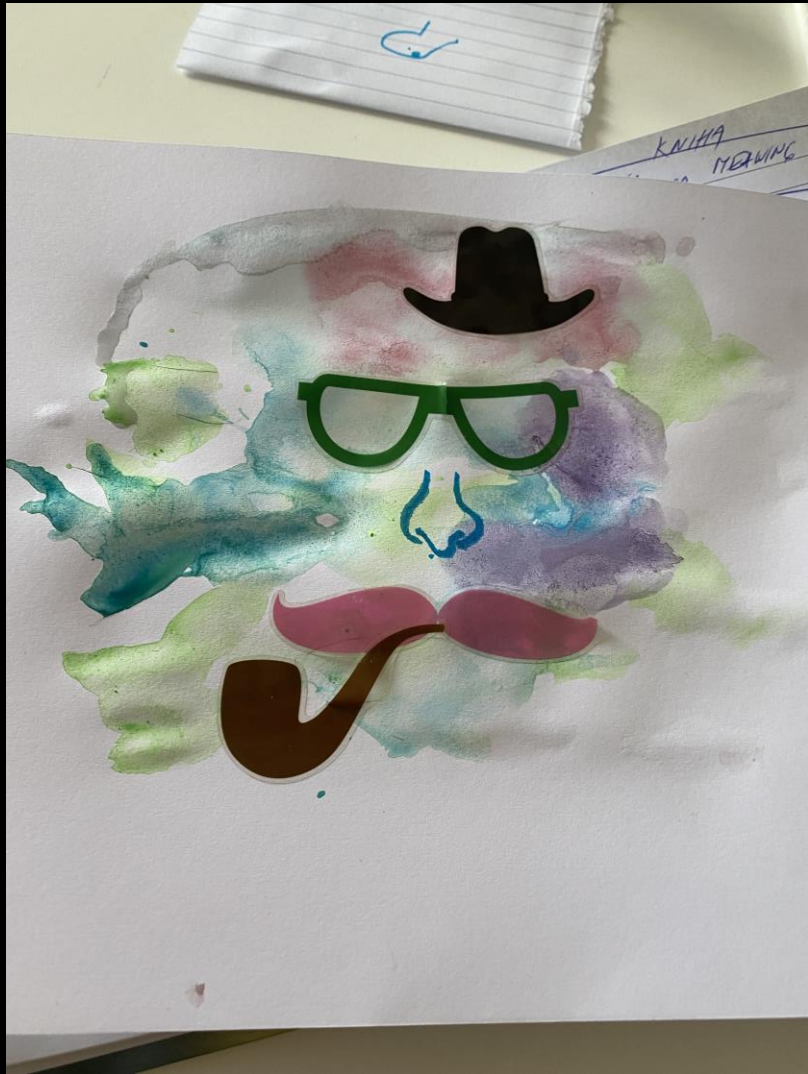








# „blowing monsters“



Self-awareness

EMOTIONS

Where can you feel your feelings?

EMPATHY COMMUNICATION LISTENING

DRAW MY INSTRUCTIONS

If you are going through hell, keep going

Quotes for life

RELAX

EMOTIONS IN MUSIC

How do you feel before and after listening ...

Buddy Bench

What are your FEELINGS like today?

check it after week

Budding Cat & mouse

Mindful breathing









Ďakujem za pozornosť