

Topics in SEL: A Training Series

2023-2024

ACROSS NH will provide a series of trainings on key topics of Social and Emotional Learning (SEL) for staff, directors, site directors, and anyone that works with children and youth in out of school time (OST). You can participate in 1, 2, or all 3 trainings. These trainings are free thanks to our funder the Child Development Bureau and Head Start Collaboration. Register for individual trainings in the [NH Connections Information System \(NHCIS\)](#).

Thursday, December 7, 2023, 6:30-8pm @ Boys & Girls Club of Central NH, 55 Bradley St, Concord, NH

Training One: SEL Topic- *Regulation*

Being well-regulated in thoughts, mood, and physical being (body) is an essential component for adults and children to engage with their physical and social environments in ways that are constructive, thoughtful, and caring. Gain foundational knowledge needed to support all people (self and others) with regulating and managing their thoughts, mood, and physical being.



Thursday, March 14, 2024, 6:30-8pm @ Boys & Girls Club of Central NH, 55 Bradley St, Concord, NH

Training Two: SEL Topic- *Relationships*

Relationships play a tremendous role in the growth and development of young people. In this session we will explore foundational understanding of the importance of relationships and discuss what is healthy vs. unhealthy relationships look like for young people in OST programs.



Thursday, May 16, 2024, 6:30-8pm @ Boys & Girls Club of Central NH, 55 Bradley St, Concord, NH

Training Three: SEL Topic- *Skills*

The word “skills” refers directly to what a person has the ability to do. SEL Skills refer to the abilities that one cultivates and utilizes in their cognitive, social, and emotional experiences of the world. The great news is that skills can be taught and learned no matter how old or young we are! At a foundational level, we look at the ways that SEL skill-development could be embedded into the daily experience of the young people in our OST programs. Together we will create practical ways to highlight SEL skill growth in our programs.



Presented by: Abigail Blodgett, B.S; ACROSS NH SEL Coordinator, NH ASMP WT, PM

Questions: Please email Cathy Hazelton, ACROSS NH Assistant Director, at chazelton@acrossnh.org.