



A Comprehensive Resource for Out-of-Schooltime Staff

Social, Emotional, and Mindfulness Learning (SEML) in Out of School Time:

A Virtual Training Series

Presented by: Rick Alleva, Ed.D.; NH ASMP WT, F, PC and Abigail Blodgett, B.S.; NH ASMP PM, WT & SEL Project Coordinator

Why Social, Emotional 'and' Mindful Learning?

Wednesday, March 8th, 6:30-8:00pm

Mindful Self-Awareness and Emotional Regulation

Wednesday, March 15th, 6:30-8:00pm

Mindful Social Awareness and Heartful Connecting

Wednesday, March 22nd, 6:30-8:00pm

Social, Emotional and Mindfulness Learning (SEML): Putting it into Practice

Wednesday, March 29th, 6:30-8:00pm

You may participate in one, a few, or ALL these 1 ½ hour training sessions. All trainings are FREE! ACROSS NH recognizes this Mindful March Series as part of its International SEL Day celebrations. To celebrate, **participants who complete all 4 sessions** will be entered in a **Gift Raffle** for your program!

Registration is required for each training session in Eventbrite. Register for the trainings you wish to attend by clicking on the training title. Descriptions are on the following page. Once registered you will receive an email with the Zoom link to join a training. Questions? Email Cathy Hazelton at cathy@seresc.net or call (603) 206-6848.



If you attend all 4 trainings, your name will be entered into a SEML Gift Raffle!

PD Credit will be awarded in NHCIS

All Sessions are on Zoom



Why Social, Emotional 'and' Mindful Learning?

Wednesday, March 8th, 6:30-8:00pm

Register in Eventbrite: Last Day to Register is March 6th

This first session provides an overview of Social and Emotional Learning (SEL) and Mindfulness Education, where the value and impact of lessons to be learned from both these frameworks will be discussed. We explore ways that Social, Emotional and Mindful Learning (SEML) can be implemented in out-of-school time programs, with a focus on self-awareness and regulation for both children and the adults in the room, as well as social awareness, empathy, and kindness for all. SEML activities that foster learning from the 'inside out' and additional resources will be shared.

Mindful Self-Awareness and Emotional Regulation

Wednesday, March 15th, 6:30-8:00pm

Register in Eventbrite: Last Day to Register is March 13th

In this session, we explore *self-awareness through a mindfulness lens* for both children in OST programs and the adults who care for and about them. Mindful self-awareness can assist everyone in being more present and able to manage emotions and finding success in all we do. Resources and strategies for promoting self-awareness and emotional regulation will be provided and discussed.

Mindful Social Awareness and Heartful Connecting

Wednesday, March 22nd, 6:30-8:00pm

Register in Eventbrite: Last Day to Register is March 20th

In this session, we explore *social awareness through a mindfulness lens* for both children and adults in our programs. Mindful social awareness can help us make meaningful and heartful connections to build a climate and culture of empathy and kindness in our programs. Resources and strategies for promoting social awareness and compassion will be provided and discussed.

Social, Emotional and Mindfulness Learning (SEML): Putting it into Practice

Wednesday, March 29th, 6:30-8:00pm

Register in Eventbrite: Last Day to Register is March 27th

Please join us to *explore mindful activities to promote social and emotional learning* in our programs. In this session, we focus on experiencing SEML, including where to find activities and how to implement them. Come prepared to relax and experience some SEML activities for children of all ages.