

Topics in SEL: A Training Series

ACROSS NH provides a series of 3 separate 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 request to schedule 1, 2, or all 3 trainings for your program. These trainings are provided at no cost for programs thanks to our funder the Child Development Bureau and Head Start Collaboration.

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.



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.



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.



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