



## **Social and Emotional Foundations for Learning (SEFL)**

### ***SEFL 1 Relationships are Key***

Relationships are the foundation of who we are and our connection to humanity. As infants, our relationships with adults taught us how to interact with others, our perceived value to others and how to react to stressful situations. Relationships are Key will look at the importance of relationships to young children and how as educators, can build and strengthen relationships with the children within our classrooms to form a firm foundation by which all other skills are built.

### ***SEFL 2 Building Emotional Well-being and Social Competence in Children***

A strong foundation of social and emotional skills is key to a child's development in other areas. A child having the ability to self-regulate, play well with others and resolve conflicts supports that child's opportunity to be happy and confident, eager to learn about the world around them. This session will focus on why a child's social and emotional development is important. We will also discuss executive function and look at strategies to support self-regulation.

### ***SEFL 3 Strong Families, Strong Children***

Families are the first and most influential force in a child's life. What are the signs of a strong, healthy family? We will discuss the 5 Protective Factors that have been shown to increase family strengths, enhance child development, and reduce the risk of child abuse & neglect.

### ***SEFL 4 Creating a Socially and Emotionally Aware Classroom***

What does a socially and emotionally aware classroom look like? In this training, we will examine some of the components of a socially and emotionally aware classroom. We will discuss temperament and strategies to engage children. In addition, emotional literacy is key to a socially and emotionally aware classroom. We will define emotional literacy and how to best develop it within your classroom.

### ***SEFL 5 Strategies for Teaching Social and Emotional Skills***

The challenging part of implementing strategies for teaching children social and emotional skills is that what may work one day with one child may not work the next day and what is effective for Miguel is not effective for Daisy. One size does not fit all. This training will provide calming strategies as well as strategies for teaching children about emotions, empathy and building friendships.

### ***SEFL 6 The Importance of Self Care***

Caring and educating young children is very rewarding, yet very hard work. Most days you are exhausted at the end of the day when it is time to take on the responsibilities of your personal life. For all the support and care you give each day to the children and families, you need to care for yourself. You cannot pour into others from an empty cup. During this session, we will look the importance of self care and why resilience in adults is key to caring for young children. We will discuss strategies to build your resiliency and keep your cup full to pour into others.