

**Social Emotional Learning (SEL)
Through Mindful Practices**

January 14, 2020

Presenter: Sharon McCarthy, President, ENVISION: Breakthroughs in Learning

Registration	MUJC Members:	\$115.00
Fees:	Nonmembers with subscription:	\$115.00
	Nonmembers:	\$145.00

Early research on mindful practices points to positive impact on students' well being as well as academic achievement. That is the good news. The bad news is that often times, mindfulness is a collection of activities in which classrooms engage, without a grounding structure. This inservice will align social emotional learning (SEL) and mindful practices into your content area.

Participants will gain knowledge and skills in:

1. the NJDOE SEL competencies and sub-competencies to guide and install mindful practices;
2. appropriate neurotransmitters for happy, productive student engagement;
3. social and self awareness with the CPR chart;
4. stop, drop and breathe practices;
5. movement into content.

All inservices are held from 9 a.m. to 3 p.m. unless otherwise noted.
Enjoy lunch on your own!