

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

**January 17, 2019**

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<b>Presenter:</b>	Sharon McCarthy, President, ENVISION: Breakthroughs in Learning	
<b>Registration</b>	MUJC Members:	\$115.00
<b>Fees:</b>	Nonmembers with subscription:	\$115.00
	Nonmembers:	\$145.00

Although more research needs to be completed on mindful practices, the early data 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. using the NJDOE SEL competencies and sub-competencies to guide and install mindful practices;
2. eliciting appropriate neurotransmitters for happy, productive student engagement;
3. getting students to evaluate social and self awareness with the CPR chart;
4. understanding stop, drop and breathe;
5. incorporating movement into content.

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