



A Comprehensive Resource for Out-of-Schooltime Staff

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

A Hybrid Training Series

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Why Social, Emotional, 'and' Mindful Learning?

Thursday, March 7th, 6:30-8:30 pm on ZOOM

Mindful Self-Awareness and Emotional Regulation

Thursday, March 21st, 6:30-8:30 pm on ZOOM

Mindful Social Awareness and Heartful Connecting

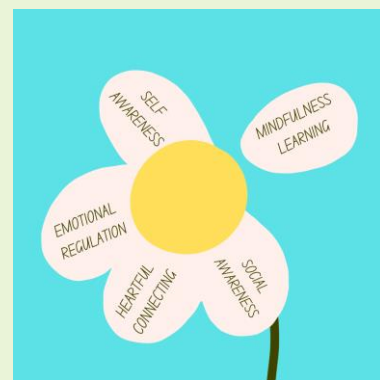
Thursday, April 4th, 6:30-8:30 pm on ZOOM

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

Saturday, April 6th – In Person at the Spring Conference
(Location TBD)

You may participate in one, a few, or ALL of these 2-hour training sessions. The first three training sessions are FREE! The last session will be at the annual Planning Your Summer Conference which carries a small fee to attend. ACROSS NH recognizes this Mindful March Series as part of its annual International SEL Day Celebration. **Participants who complete all 4 sessions will receive a FREE SEML Materials Kit to implement into their program to celebrate and recognize their full participation in the training series.**

Registration is required for each training session in NHCIS. Once registered, you will receive an email with the Zoom link before the training begins. Questions? Email Cathy Hazelton at chazelton@acrossnh.org.



If you complete all 4 trainings, an SEML Materials Kit will be given to your program!

PD Credit will be awarded in NHCIS

Sessions 1, 2, & 3 are on Zoom.

Session 4 will be in person at the ACROSS NH Spring Conference.



Why Social, Emotional, 'and' Mindful Learning?

Thursday, March 7th, 6:30-8:30 pm on ZOOM

Register in NHCIS: The Last Day to Register is Tuesday, March 5th

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

Thursday, March 21st, 6:30-8:30 pm on ZOOM

Register in NHCIS: The Last Day to Register is Tuesday, March 19th

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 find 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

Thursday, April 4th, 6:30-8:30 pm on ZOOM

Register in NHCIS: The Last Day to Register is Tuesday, April 2nd

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

Saturday, April 6th, In Person at the Spring Conference (Location TBD)

Be sure to select this training title when registering for the Spring Conference

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.