

SEL FOUNDATIONS FOR TEACHERS



*caring for ourselves, our
students, and our community*

Social and emotional awareness, habits, and skills have profound impacts on the health and learning of students, the health and capacity of teachers, and the health and engagement of the school community. This session will offer you guidance in cultivating and modeling your own social and emotional health while supporting the mental health of students by incorporating simple, adaptable approaches to strategies for Social Emotional Learning.



**January 20, 2021
3:30 - 4:30 p.m.**

**Audience:
K-12 Teachers, TOSAs**

**Cost:
No charge***

**Costs offset by
Differentiated Assistance funds*

Presenters:

Lauren Aranguren, Carla Benchoff,
Rachel Fauver, Matt Zuchowicz

Register online at
<http://sbceo.k12oms.org>

ZOOM LINK WILL BE EMAILED UPON REGISTRATION