

# TOOLS FOR LIFE: SOCIAL EMOTIONAL LEARNING (SEL) IN SCHOOLS

**Teacher:** MARTA LOPES

**Course Duration:** one week, from Monday to Saturday, 30 hours

**Number of Participants:** Min. 6 – Max. 20

**Course location / point of departure :** FARO City



## DESCRIPTION

Today's education needs to envision all children and adults as self-aware, caring, responsible, engaged, and lifelong learners who work together to achieve their goals and create a more inclusive, just world. That's the main goal of Social Emotional Learning (SEL) as conceptualized by the Collaborative for Academic, Social, and Emotional Learning (CASEL). SEL can help all young people and adults thrive personally and academically, develop and maintain positive relationships, become lifelong learners, and contribute to a more caring, just world.

In this course we will go through the five areas of competence of the CASEL Wheel in a practical and experiential way, enabling participants to have an experiential understanding of them and from that implementing them in a way that best fits their own professional context. Course participants will deepen their own social and emotional skills and learn how they can promote this kind of life long skills in the students they work with.

Each participant will have the opportunity to envision a plan of action for promoting SEL in their classroom or school, considering their unique context, and benefit from the reflection and sharing that other participants can offer in this collaborative and interactive course.

## LEARNING OUTCOMES

**Participants to the course will learn to:**

- Understand the CASEL integrated framework;
- Experience an SEL environment first-hand;
- Increase self-awareness skills, self-management skills, social awareness skills, relationship skills and decision-making skills;
- Implement strategies for social emotional learning in a tailor-made program to take home in a way that participants can continue generating a culture of SEL in their own schools.

## PROGRAM

### Monday

- Course and participants introduction;
- Ice-break group dynamics;
- Setting goals for participants;
- Knowing CASEL Framework

### Tuesday

- The 5 areas of competCASEL Model;
- Self-awareness competences development strategies

### Wednesday

- Self-management competences development strategies;
- Social Awareness competences development strategies.

### Thursday

- Relationship Skills competences development strategies;
- Responsible Decision-Making competencies development strategies

### Friday

- Designing a SEL intervention for your school;
- Course evaluation from participants – acquired competences, feedback, and discussion;
- Awarding Certificate of Attendance

### Saturday

- Well-being and nature;
- The transmission of the natural heritage - Ria Formosa (Boat tour)