



Erasmus+ KA1 Course

Social-Emotional Learning (SEL) and Mindfulness in Education



ErasmusLearn Training Center

www.erasmuslearn.eu

Heraklion, Crete, Greece

Organisation ID: E10020547





Summary

Social-Emotional Learning (SEL) and mindfulness practices are essential in modern education, helping students develop vital life skills such as emotional regulation, empathy, and resilience. This program aims to equip teachers with the knowledge and tools to integrate SEL and mindfulness into their teaching practices to foster a supportive and conducive learning environment.



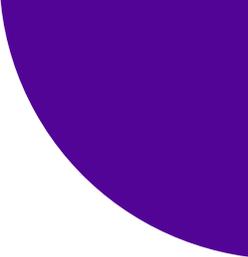
Purpose

The primary goal of the SEL and Mindfulness in Education program is to introduce educators to the principles and practices of SEL and mindfulness. Participants will learn how to create a classroom environment that supports emotional well-being and social skills development, thereby enhancing students' overall academic performance and personal growth.



Objectives

- **Understand SEL and Mindfulness** Gain a comprehensive understanding of SEL frameworks and mindfulness practices.
- **Implement SEL Programs** Learn practical strategies for integrating SEL into daily classroom activities and school-wide programs.
- **Promote Mindfulness** Develop skills to teach mindfulness techniques that help students manage stress and improve focus.
- **Create a Supportive Environment** Foster a classroom culture that emphasizes empathy, collaboration, and emotional well-being.
- **Evaluate SEL and Mindfulness Practices** Assess the impact of SEL and mindfulness on student outcomes and adjust practices accordingly.



Course Language

- English.
- Note: Participants must have at least a CEFR level B2 knowledge of English to participate actively.

Target Groups

The SEL and Mindfulness in Education program is designed for primary and secondary school teachers, school counselors, curriculum developers, and school administrators. A minimum of B2 (Upper-Intermediate) English proficiency is required

Methods & Tools

Lectures, interactive workshops, group discussions, hands-on sessions, practical implementations, and examples of best practices.



Course Agenda

Day 1

- Introductory meeting, explanation of practical arrangements.
- Presentation of timetable.
- Presentations of participating Organizations.
- Icebreakers, Introduction to the Course.

Day 2

- Introduction to SEL frameworks and mindfulness practices.
- Improving emotional and social skills
- Experiential activities for developing a positive environment in the classroom

Day 3

- Developing Emotional Intelligence
- Developing a deeper understanding of how resilient and authentic relationships could impact on learning outcomes and conflict management
- Cultural Activities: Guided tour of the Historical Center of Heraklion.
- Dinner in a traditional restaurant of the town.

Day 4

- Emotional Self Awareness - Identity and self knowledge
- Managing Emotions and Goal Setting.
- Building Relationships and Teamwork

Day 5

- Evaluating and Adapting SEL and Mindfulness Practices
- Interactive session: Developing activities that promote a positive classroom culture.
- Group work to create and present classroom support plans.

Day 6

- Responsible Decision Making - Identifying solutions
- Social Awareness - Understanding social context
- Workshop on integrating SEL into daily classroom activities.

Day 7

- Erasmus+ program : objectives, priorities, actions, forms, budget, tips for applicants.
- Planning follow up activities, dissemination and exploitation of learning outcomes.
- Course Evaluation.
- Certifications.



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hospitality environment.*

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