



Social Emotional Learning Youth Series

Presentation Summary

Traditional education places heavy emphasis on the academic development (IQ) at the expense of emotional development (EQ), resulting in students being underprepared to handle the challenges of life inside and outside of the classroom. The Social Emotional Learning Youth Series is designed to reshape students' understanding of emotions and their approach to social interactions. This SEL Youth Series will balance the scales of IQ and EQ to develop well-rounded, emotionally mature, and self-sufficient individuals.

Session titles are as follows:

- **The tools:** Identifies relevant challenges and provides SEL tools
- **Breaking through Barriers:** Focusing on goal setting and resilience
- **Unpacking the Emotional Suitcase:** Shares how to process and cope with emotional trauma
- **Emotional Forrest:** Explores the emotional triggers, how to influence emotions and their impact on our lives.
- **Decision Making and Problem Solving:** Articulates the importance of weighing out your options and how to make difficult decisions in the moment.

Planned Outcomes

This series utilizes social emotional learning to remove barriers to academic, behavioral, and emotional success. Tierica Berry will provide students with practical tools to identify/clarify their goals, address day to day challenges, and increase resilience. By increasing their emotional intelligence, we can teach to the whole child!

Learning Objectives and Action Plan

Students will have an opportunity to explore how our emotions impact our actions and outcomes in life. Tierica utilizes age-appropriate stories, analogies, and activities to break down complex SEL concepts in ways that are relevant, engaging and easy to understand.

Each presentation will be a high energy, interactive PowerPoint presentation. By infusing the lessons with games, group activities, and role play, students will become vested in their own development process and looking for more.

Take-Aways and/or Best Practice Ideas

Mastering any skill takes practice. This series provides real life scenarios and allows students the opportunity to address these scenarios using the SEL tools provided in the lessons. By reading, doing, and repeating, our students have a greater opportunity to recall these solutions when faced with challenges in their personal lives.

This series will focus on the following areas:

- Resilience
- Communication skills
- Problem solving and Decision making
- Critical thinking
- Relational skills
- Emotional Intelligence
- Goal setting
- Processing emotional trauma
- Code switching
- Group and personal accountability

Educators learn how to create a safe, positive learning environment where students behave responsibly and take accountability for their conduct. They explore strategies to organize and manage the classroom with increased confidence and a calm sense of control. Through professional development, educators discover how to create a learning environment in which their students can excel, and in which they can go home feeling a sense of accomplishment.

This professional development is designed for K-12 teachers, special-subject teachers, administrators, counselors, resource teachers, and substitutes. Contact the Education Company for a Free Discipline Discussion.

Call us today at 800-294-9009.