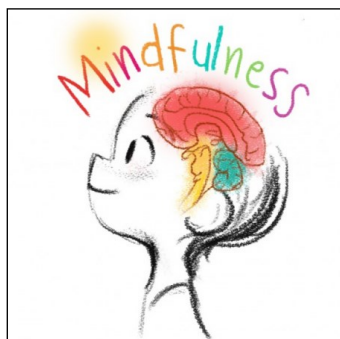


SOCIAL & EMOTIONAL LEARNING SERIES

PRESENTED BY THE SRI&ETTC AT STOCKTON UNIVERSITY



In this full day workshop that combines both “The Calm and Connected Classroom” and “Mindfulness” teachers will learn best practices for incorporating social-emotional learning into the classroom. In the morning session teachers will learn techniques to manage stress in the classroom through social-emotional

activities such as Social-Emotional Wheels, Finger Breathing, Take 4 Before, and the 1-Minute Challenge. In the afternoon session teachers will explore evidence pointing to the positive effects of mindfulness including increased lowered stress, greater ability to focus, self-awareness, as well as improvements in physical and mental health. Experiential activities include breathing, visualization and mindful moving techniques.

The Social & Emotional Learning Series will be presented by Joanna Schwartz.

Ms. Schwartz is a family counselor and the founder of Toolbox for Teachers. Ms. Schwartz holds a Master’s Degree in Education, and a Master’s Degree in Counseling with a concentration in holistic studies. Ms. Schwartz’s interest in professional development for educators comes from her experiences as a K-8 teacher in Philadelphia.

For more information or to register for this event visit

www.ettc.net.

Date: July 23, 2019

Time: 9 a.m. to 3 p.m.

Cost: \$178 or 7 ETTC Hours

Course cost includes:

- Course Materials
- Certificate of Completion
- 5 Professional Development Hours

Location: SRI&ETTC

10 W. Jimmie Leeds Road

Galloway, NJ 08205

609.626.3850

www.ettc.net



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The SRI&ETTC provides professional development opportunities for PreK-12 educators, technology coordinators, and school administrators throughout New Jersey. Extensive Public Calendar and Custom on-site Professional Development in a variety of topics for in-services and coach-mentoring at a time and location that works for your district.