**Fall 2022**

**GED 526 B Mindfulness-Based Social Emotional Learning for Educators**

**Course Description**

This course was developed based on four assumptions:

❖ Social emotional learning (SEL) is most effective for youth when woven into the classroom/school

culture, practices, pedagogy and “classroom management.” 1

❖ The social emotional environment a teacher creates and their own social emotional health and

intelligence are fundamental regulators of neuroplasticity of the youth they serve. 2

❖ Mindful awareness and mindfulness practice support the social emotional wellbeing and learning of

both educators and youth. 3

❖ To provide all youth with the skill, capacity and motivation to be agents for change in their own lives

and allies to others, AND, be active and engaged learners we need to enlist knowledge and

approaches from across different fields: Restorative approaches, Equity, Trauma Informed

Practices, Mindfulness and SEL.

As the call for SEL in schools increases, leaders and teachers look to evidence-based curriculum, activities and techniques to teach it. While these tools and resources are an essential part of this work, they can often feel like an onerous add-on to educators—an extra thing to teach—and lack relevance. This course aims to lead you through an in-depth exploration of SEL as developed by CASEL, and SEE (Social Emotional and Ethical Learning) as developed by Emory University and the Dalia Lama. We will spend as much time exploring how SEL applies to you personally and professionally so you can embed SEL into your teaching organically. We will use mindful meditation and awareness to build SEL skills and surface what sometimes prevents us from engaging productively and compassionately with the social and emotional realities of our students. We will also learn how to connect SEL concepts to the everyday moments of teaching and learning that can be leveraged for SEL. Finally we will practice and explore the five domains of SEL through a broad set of resources, interactive activities, circle processes and reflections as a way to create deeper learning.

1 "Using Interactive Pedagogy - Casel Schoolguide."

<https://schoolguide.casel.org/focus-area-3/classroom/integration-of-sel-and-instruction/using-interactive-pedagogy/> . Accessed

27 Mar. 2022.

2 "The Social Neuroscience of Education | Louis Cozolino - W.W. Norton."

<https://wwnorton.com/books/The-Social-Neuroscience-of-Education> . Accessed 27 Mar. 2022.

3 "How SEL and Mindfulness Can Work Together." 7 Apr. 2015,

<https://greatergood.berkeley.edu/article/item/how_social_emotional_learning_and_mindfulness_can_work_together>.

Accessed 27 Mar. 2022.

**3 credits**

This course will be offered on-line.