



School Innovation

ENHANCING STUDENT MENTAL HEALTH
THROUGH SOCIAL AND EMOTIONAL
LEARNING

Your Mobility Partner

PIC Number: 948037649 Organisation ID: E10207576



Course Overview

Join us for a comprehensive 5-day training program designed to empower educators with the knowledge, skills, and strategies needed to effectively manage diversity in the classroom. This course goes beyond theory, providing practical tools for creating an inclusive and supportive learning environment that celebrates and leverages the richness of diversity.

Course Objectives

- Define and understand the components of emotional intelligence.
 - Strategies for developing emotional intelligence in students.
 - Creating a supportive and inclusive classroom environment.
 - Strategies for promoting empathy, respect, and positive communication.
 - Identify factors contributing to resilience in students.
 - Teach effective coping strategies and stress management techniques.
 - Teach conflict resolution skills.
 - Promote positive peer relationships and collaboration.
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Learning Outcomes

Participants will define and understand the components of emotional intelligence. They will explore strategies for developing emotional intelligence in students and creating a supportive, inclusive classroom environment. The course will delve into strategies for promoting empathy, respect, and positive communication. Participants will identify factors contributing to resilience in students and learn how to teach effective coping strategies and stress management techniques. Additionally, the course will cover teaching conflict resolution skills and promoting positive peer relationships and collaboration.

Price: All expenses can be covered through a Knowledge Acquisition (KA) subsidy within the Erasmus+ initiative. This is a 5-day training course in which Mobility Friends imposes a fee of **350€ per attendee, in courses located in the cities of the Continent and Madeira island. The fee for Azores island is 480€ per attendee. The price includes the training course and a coffee break.**

For **groups of 5 or more people**, please contact us for pricing details.

Duration: 5-Day Course

Language: English

Schedule: The time of classes, whether in the morning or afternoon is determined by the provider. The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications.

Certificate: A Certificate of Attendance will be awarded to participants who attend minimum of 80% of the course.

Other Services: Mobility Friends offers various services for you. We handle everything from accommodation to cultural visits and transfers. Contact us to learn how we can assist you with your travel logistics.

PLANNER

DAY 1

- Welcome, and Introduction.
- Importance of SEL in Education.
- Key Components of SEL.
- Connecting SEL to Academic Success.
- Assessing SEL Needs in Your Classroom.
- Group Activity: Case Studies on SEL Impact.

DAY 2

- Exploring Emotional Intelligence (EI).
- Developing EI in Students.
- Interactive Workshop: EI in Action.
- Strategies for Integrating EI in Lessons.
- Building Self-Awareness and Empathy.
- Group Discussion: Implementing EI Practices.

DAY 3

- Creating a Supportive Classroom Environment.
- Promoting Positive Communication.
- Group Activity: Role-Playing Positive Scenarios.
- Strategies for Fostering Empathy and Respect.
- Addressing Bullying and Negative Behavior.
- Case Studies on Positive Classroom Culture.

DAY 4

- Understanding Resilience in Students.
- Factors Contributing to Resilience.
- Teaching Effective Coping Strategies.
- Stress Management Techniques for Students.
- Practical Exercises: Developing Resilience Plans.
- Group Discussion: Challenges and Solutions.

DAY 5

- Introduction to Mindfulness Practices.
- Strategies for Integrating Mindfulness in the Classroom.
- Peer Relationships and Conflict Resolution Skills.
- Promoting Positive Peer Relationships.
- Engaging Families in SEL at Home.
- Community Collaboration for Mental Health Resources.
- Final Project: Creating an SEL Action Plan.
- Course evaluation and Feedback.



Talk with Us

We are waiting for You

www.mobilityfriends.org

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 trainingcourses@mobilityfriends.org

 +351 253 144 226

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