



## Everyday SEL in High School: Integrating Social-Emotional Learning and Mindfulness Into Your Classroom (Paperback)

By Carla Tantillo Philibert

Taylor Francis Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. With this new book from educational consultant Carla Tantillo Philibert, you ll gain practical strategies for teaching Social-Emotional Learning (SEL), mindfulness, movement, and team-building to help your students grow into contributing and compassionate citizens of the world. You ll find out how to lead students through meditation activities, simple yoga poses, breathing techniques, and other practical methods to help you proactively manage your classroom by meeting your students SEL needs. Topics include: Empowering your students to understand their emotions, improve their focus, manage stress, and regulate their behaviorIntroducing your students to the concept of mindfulness and how it fits within the SEL frameworkCrafting an emotionally, physically, and mentally safe classroom climate and cultureEngaging your students in activities to strengthen peer-to-peer communication, community-building, and leadership skillsProviding your students the safe space to test their SEL skills through experiential learning, team work, and class discussionsHoning your own SEL competency through professional development so both you and your students can get the most out of your school s SEL experience This book also offers a set of Professional Development Facilitator s Guides to help you and your colleagues...



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