

## Parent, Caregiver & Community Offerings

*Cultivating Kindness uses the CASEL Framework including their 5 SEL Core Competencies. Planning and programming will be created in partnership with the school to provide the resources and tools that are right for your community. Please see the sample classes and courses below.*

### **SEL 101 with Resources and Tools You Can Use**

New to SEL, this is a great place to start. We will explore the basics of Social and Emotional Learning (SEL), learn a brief overview of the five aspects of SEL: Self-Awareness, Self-Management, Responsible Decision Making, Relationship Skills and Social Awareness then gain introductory tools and resources to help you support your kiddos and care for yourselves too! That's the cool thing about SEL, it offers everyone, no matter their age, the opportunity to learn, grow and connect in love!

### **Just Breathe. The connection between Self-Awareness and Mindful Moments**

Learn the power of a moment of silence and how it can help you relax and connect. Then we will discuss what to do next! In this class we will try a variety of simple breathing exercises that can calm you and ground you. We will also discuss some practical tools you can use when your breath isn't quite doing it for you and jumping jacks could! PS, these are great tools you can use to help your kiddos manage emotions too!

### **Who Me? Couldn't Be! Exploring Self-Awareness with Love and Kindness**

During this fun and freeing class, we will explore self-awareness with compassion, love, and laughter because let's be real, it can feel a bit awkward to explore all the parts of ourselves. Self-Awareness is the foundation of SEL. Being willing to love and accept ourselves helps us relate well to others as well. In other words, I am open to seeing all of the parts of myself and learning and growing too! I'll be along for the ride with all of you as I have plenty of life experiences share!

### **Build Your Own SEL Toolbox and Explore the Benefits of Self-Care**

We all feel the feels but how we handle it makes all the difference. That's why Self-Care is so important and it's different for everyone. We'll explore a few categories of self-care: comfort, relaxation tools, sensory techniques, and positive affirmations, that help people calm and connect with compassion. You'll leave with tools in your SEL toolbox that help big emotions feel more manageable. Tools that are just for you, and ideas that others can benefit from too!

### **Cultivating Self-Worth and an "I am, and I can" Mindset!**

Healthy decisions support a positive sense of self as well as your physical and mental wellbeing? As we learn to make caring and self-driven decisions to be the best person we can be, we will explore the benefits of positive "I am" statements as well as tools to cultivate an "I can" mindset by believing in yourself every day. It's easier than you might think!