

Strategies for Being Your Best Possible 'SEL'f



Webinar Video

Audience(s): School Staff & Parents

Hyperlink: [Strategies for Being Your Best Possible 'SEL'f](#)

Description

In this webinar, hosted by CASEL CARES, Dr. Marc Brackett, Ph.D, of the Yale Child Study Centre, offers adults practical strategies for healthy emotion regulation to help our kids, ourselves, and our society thrive.
CASEL CARES connects community with experts to address Social and Emotional Learning (SEL) in response to today's circumstances.

Objective(s)

By learning and practicing healthy emotional regulation strategies, we can promote more deliberate emotional responses, positively impacting attention, memory, learning, relationships, health, and performance.

Are there other resources that you love for cultivating the health of students and staff in your school community?

Send your suggestions to dashbcreources@gmail.com

Resources mentioned in this document were created by Collaborative for Academic, Social, and Emotional Learning (CASEL)