



SEL EVERY DAY FOR THE EDUCATOR COURSE CURRICULUM & FAQs

SEL Every Day for the Educator is a self-paced online course that will equip you with everything you need to know to begin creating a relationship-centered classroom, utilize instructional practices to promote **SEL** across academic content, make **SEL** explicit in lesson planning and integrate mindfulness and anti-racist practices into your classroom and life.

MODULE 1

COURSE INTRO & SETTING YOU UP FOR SUCCESS:

This module will show you how this course is designed for you to really understand every concept, practice, and term. You will learn the structure to follow to internalize what's taught, tips to ensure you successfully complete the course, and the mindset needed to train your brain for growth.

Introducing the SEL Every Day Course Framework & Structure

In this lesson you will learn:

- The framework used throughout the course to ensure you really understand every concept, practice, and term.
- The structure to follow to internalize what's taught so you can apply it to your teaching practice and your life.
- Three tricks to ensure you will successfully complete the course.
- The mindset needed to train your brain and heart for growth through this course.

MODULE 2

MINDFULNESS MODULE:

In this module you will learn what Mindfulness REALLY IS and be introduced to the term *Interbeing*. You will understand the difference between Mindfulness and Meditation, gain clarity around what Mindful Awareness Practices (MAPs) are, and learn the distinction among Deconstructive, Attentional and Constructive practices. You will also engage with the Tree of Contemplative Practices. Additionally, this module highlights the latest Mindfulness in Education research and best practices for implementing Mindfulness in Schools. Most importantly, this module offers detailed instruction on how to begin, sustain, and deepen your personal mindfulness practice through formal and informal practices.

Lesson 1: What is Mindfulness?

In this lesson you will:

- Learn what Mindfulness REALLY IS and be introduced to the term Interbeing
- Understand the difference between Mindfulness and Meditation
- Gain clarity around what Mindful Awareness Practices (MAPs) are and learn the distinction among Deconstructive, Attentional and Constructive practices
- Be introduced to the Tree of Contemplative Practices

Lesson 2: Why Practice Mindfulness?

In this lesson you will learn:

- 10 reasons we all should practice Mindfulness and the benefits
- Why Mindfulness is especially important for the field of education

- What the research says (including the latest research articles)

Lesson 3: How Do You Practice Mindfulness? Part 1: Your Personal Practice (Formal)

In this lesson you will:

- Learn how to begin, sustain, and deepen your personal mindfulness practice.
- Explore what embodiment really means
- Be introduced to “Watering Seeds,” the Consciousness Scale and the Maharishi Effect
- Understand the What, Why and How for 10 formal ways of practicing mindfulness.

Lesson 4: How Do You Practice Mindfulness? Part 2: Your Personal Practice (Informal)

- Learn the What, Why and How for 10 informal practices.
- Decide which types of informal practices serve you best given your current context.
- Make a commitment to daily informal practices, create a schedule and ask for support.
- Reflect on the importance of integrating both formal and informal practices to cultivate embodiment.

Lesson 5: How Do You Teach Mindfulness?

In this lesson you will:

- Be introduced to guidelines and best practices for sharing mindfulness with young people and receive an introduction to offering mindfulness through a trauma sensitive lens.
- Make connections between your practice and sharing mindfulness with others.
- Identify next steps for how will bring mindfulness into your educational context.

MODULE 3

SOCIAL AND EMOTIONAL LEARNING (SEL) MODULE:

In this module you will receive a comprehensive definition of Social and Emotional Learning, learn about connections between SEL and Mindfulness and Equity, be introduced to key SEL frameworks and resources and get clear on the three main areas of SEL skills. This module also includes the latest research and resources on why SEL needs to be taught and learned, and provides a roadmap for implementing SEL.

Lesson 1: What is SEL?

In this lesson you will:

- Receive a comprehensive definition of Social and Emotional Learning
- Learn about connections between SEL and Mindfulness and Equity
- Be introduced to key SEL frameworks and resources
- Get clear on the three main areas of SEL skills

Lesson 2: Why Prioritize SEL?

In this lesson you will:

- Why SEL needs to be taught and learned
- What the most recent SEL research says
- Benefits of implementing SEL
- What YOUR CASE for SEL is

Lesson 3: How do you implement SEL? The Blueprint & Foundation of Building Your SEL House

In this lesson you will:

- Be introduced to a roadmap for implementing SEL in your context
- Explore how you can begin to integrate SEL with instruction
- Create a plan for how you will begin to teach with SEL in mind

Lesson 4: Building Your SEL House: Construct the Framing & Wiring Your Classroom

In this lesson you will:

- Engage with key instructional practices that promote SEL
- Understand connections between SEL & Common Core and other key approaches like PBL and personalized learning.

Lesson 5: Building Your SEL House: Install Drywall & Furnishings for Enacting SEL in Your Classroom

In this lesson you will:

- Explore SEL in Lesson Planning
- Engage with Lesson Planning Tools and Resources

Lesson 6: Building Your SEL House: Maintaining & Renovating for Continuous Improvement

In this lesson you will:

- Engage in Reflective Practice
- Explore the question: How do I know if this is making a difference?

MODULE 4

BELONGING MODULE:

This module centers on what Belonging truly is, why it matters, and how Mindfulness and SEL are vehicles for advancing a world built on Belonging. Through this module you will get clear on key terms that are essential for understanding and ultimately creating the conditions for belonging (equity, anti-racist, decolonization, cultural appropriation, intersectionality, race, racial justice, structural racism, white fragility, white privilege, white supremacy, etc.), and be introduced to practical strategies to begin the inner work of racial healing. You will also engage with promising practices for creating a culture of belonging: Cultural Integration, Classroom Community Building, Ethnic-Racial Identity Development and utilize the SEL Competencies to explore and examine how you can create a more equitable classroom.

Finally, this module brings the entire course together through having you commit to and create a plan for practicing love and hope on a daily basis.

Lesson 1: Advancing a World Built on Belonging

In this lesson you will:

- Learn what belonging truly is and why it matters
- Define key terms that are essential for understanding and ultimately creating the conditions for belonging: equity, anti-racist, decolonization, cultural appropriation, intersectionality, race, racial justice, structural racism, white (“white people”), white fragility, white privilege, white supremacy
- Be introduced to practical strategies to begin the inner work of racial healing and create an action plan for yourself

Lesson 2: Creating Belonging in Our Classrooms

In this lesson you will:

- Understand and engage with promising practices for creating a culture of belonging: Cultural Integration, Classroom Community Building, Ethnic-Racial Identity Development
- Utilize the SEL Competencies to explore and examine how you can create a more equitable classroom
- Make a plan and solidify next steps for how you will create the conditions for belonging in your classroom

Lesson 3: Bringing It All Together In Service of Belonging

In this lesson you will:

- Explore how to Integrate Mindfulness and SEL in Service of Belonging in your classroom and life.
- Understand why love and hope are foundational to this work
- Commit to practicing love and hope on a daily basis

FAQ's

What happens after I enroll?

As soon as you enroll and pay for the course you will immediately be sent a receipt and course login details so you can begin right away!

How long do I have access to the course?

Lifetime access. After enrolling, you have unlimited access to this course for as long as you like. The educator course has 12 hours of video lessons. This does not include the additional video resources or guided audio meditations. We also suggest AT LEAST 45 minutes of time for each lesson to engage with the provided journal prompts and activities that support reflection, application, and integration. Set aside 45 hours to thoroughly complete the course

Do I need to purchase Meena's books with this course?

You will receive 20% off coupon to purchase Meena's books direct from her publishers when you enroll for the course. While it isn't necessary to purchase both of her books for the course reading them will reinforce and enhance your course experience.

I am not currently teaching. Will I still get something out of this course?

Definitely. Much of the information and practices shared in this course will transform your life, not just your teaching practice. This course is powerful preparation for you to teach with SEL in mind if/when you do decide to teach.

Do you accept purchase orders?

Unfortunately, we do not accept single user purchase orders. Please pay with a credit card and get reimbursed from your school, district or educational organization. If you plan on purchasing the course for multiple users and can only do that via a purchase order indicate that on the form for multi-user purchases.

I would like to take this course with a group. Do you offer multi-user discounts?

Yes, learn more about multi-user discounts below. Pricing: 5-9 users: \$127 each; 10+ users: \$97 each.

FAQ's

I am a teacher educator. Can I use this course to teach my students?

Definitely. One of Meena's hopes is that the contents of this course will be integrated into teacher education programs worldwide.

Can I get credit?

Yes! You can earn 3 or 6 Graduate-Level Professional Development Semester Units/Credits from Courses4Teachers Inc./University of the Pacific for completion of the SEL Every Day Online Course. [Learn more about how you can obtain credit by clicking here.](#)

Will I receive a certificate?

Yes, upon completion of all modules and lessons you will be able to download a certificate of completion. This certificate details course content. Our hope is that you can present this certificate of completion to your school, district, or organization. You can also include details of the certificate of completion on your professional resume.

Can I take both courses?

If you are interested in both courses, do not purchase both courses. Please instead enroll in the Leader course as the material covered in the Educator course is also covered in the Leader course. Even if you do not have any leadership aspirations now you never know what the future holds. You will have LIFETIME ACCESS to the course materials so you can revisit any lessons that don't feel relevant to you now in the future.