



The Importance of Social Emotional Learning

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Teaching children how to navigate their own feelings and recognize the feelings of others is advantageous for promoting mental health wellness, encouraging healthy relationships, supporting academic success and increasing pro-social behaviors.

Intentionally introducing developmental strategies or techniques aimed at supporting emotional development and increasing emotional intelligence will provide children with opportunities to maximize the potential within themselves and in their relationships with others.

GHK designed a purposefully directed lesson to teach children:

- self-awareness,
- how to identify and express emotions,
- self-management and coping,
- social awareness and pro-social behavior/ skills and
- positive/effective communication.

Critical components of social emotional learning are taught while each child paints his or her own plastercraft art. It is es-

sential to mental health wellness that young children are explicitly taught skills related to identifying and expressing emotions and positive interpersonal relating and are reinforced with healthy emotional behaviors. This engaging educational session is non-stop fun with conversation, exercises and glow in the dark art, while meeting state requirements for SEL lesson programming.

Lessons available for: field trips, youth groups, mother's groups and more.

Duration: 1 Hour

Cost: \$12 per person, plus travel expenses, under \$50.00

Supplied by GHK: Plastercraft, paint, brushes & smocks provided (if needed)
Parent communication includes: take home art and material for lesson reinforcement.

Taught on location at Glow House Kids, 227 Wanaque Avenue, Pompton Lakes NJ, OR alternative location.

Contact: visit GlowHouseKids.com or call 973-850-6366 for more information.

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