



# Everyday SEL in Elementary School: Integrating Social-Emotional Learning and Mindfulness Into Your Classroom

*Carla Tantillo Philibert*

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## **Everyday SEL in Elementary School: Integrating Social-Emotional Learning and Mindfulness Into Your Classroom** Carla Tantillo Philibert

In this new book from educational consultant Carla Tantillo Philibert, you'll gain practical strategies for teaching social-emotional learning (SEL), mindfulness, and movement to help your elementary students maintain positive relationships, assume responsibility, become bodily aware, and grow into productive, contributing citizens. You'll find out how to lead students through games, simple yoga poses, breathing techniques, and other activities that are easy to incorporate and help you manage your classroom. Topics include:

- Empowering your students to understand their emotions, improve their focus, manage stress, and regulate their behavior through structured activities
- Introducing your students to the concept of SEL and setting up your own SEL classroom
- Engaging your students in activities to strengthen peer-to-peer communication, community-building, and leadership skills
- Allowing your students to test their SEL skills through interactive stories and class discussions
- Honing your own SEL competency through professional development sessions so your students can get the most out of their SEL experience

The book also offers a Professional Development Facilitator's Guide to help you and your colleagues master the core concepts of SEL and implement them effectively in the classroom. The appendix provides additional strategies for overcoming common difficulties when first beginning your school's SEL journey.

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