

<i>begin to</i> ECSEL Training Courses and Modules	Content Focus	CASEL Standards
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Course Name	Module Name		Standards
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Teacher Course 1: Intro to <i>begin to</i> ECSEL	Module 1: Building Blocks of Emotional Intelligence	Teacher's Own Emotionality & SEL Practices in the Classroom	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
	Module 2: Linking Emotions and Learning	Teacher's Own Emotionality & SEL Practices in the Classroom	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
	Module 3: Teachers as Socializers	SEL Practices in the Classroom	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
	Module 1: Understanding Your Emotionality	Teacher's Own Emotionality	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

Teacher Course 2: Your Own Emotionality	Module 2: Dealing with Stress	Teacher's Own Emotionality	SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
	Module 3: Enhancing Your Own Emotionality	Teacher's Own Emotionality	SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
Teacher Course 3: Getting to Know Emotion	Module 1: Developing Emotion Knowledge	Teacher's Own Emotionality & SEL Practices in the Classroom	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
	Module 2: Talking about Emotion	SEL Practices in the Classroom	SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.
	Module 3: Our Emotions Board	SEL Practices in the Classroom	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
	Module 1: Developing Emotion Regulation and	Teacher's Own Emotionality & SEL	SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and

Teacher Course 4: Emotion in the Heat of the Moment	Emotion Regulation and Self-Regulation	Practices in the Classroom	behaviors effectively in different situations and to achieve goals and aspirations.
	Module 2: Talking through Heightened Emotions with Co-Regulation	SEL Practices in the Classroom	SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
	Module 3: <i>begin to</i> MakePeace Corners & <i>begin to</i> MakePeace Tables	SEL Practices in the Classroom	RESPONSIBLE DECISION- MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
Teacher Course 5: Connecting Emotion and Early Learning	Module 1: The Science behind ECSEL	SEL Practices in the Classroom	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
	Module 2: <i>begin to</i> ECSEL and Executive Functioning in the Classroom	SEL Practices in the Classroom	SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
	Module 3: The Feelings Book	SEL Practices in the Classroom	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
	Module 1: Understanding Empathy, Inclusivity & Prosocial Behaviors	SEL Practices in the Classroom	SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts

Teacher Course 6: Empathy & Prosocial Behaviors			cultures, & contexts.
	Module 2: <i>begin to ECSEL & Empathy</i>	SEL Practices in the Classroom	SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.
	Module 3: Prosocial Behaviors in the Classroom & Building Classroom Community	SEL Practices in the Classroom	RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
Teacher Course 7: Begin to ECSEL Tools and Techniques	Module 1: Tools & Techniques for Emotion Knowledge	SEL Practices in the Classroom	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.
	Module 2: Tools & Techniques for Emotion Regulation	SEL Practices in the Classroom	SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

	Module 3: Integrate ECSEL into Your Learning Environment	SEL Practices in the Classroom	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
Teacher Course 8: <i>begin to</i> ECSEL in Everyday Classroom	Module 1: Planning for ECSEL-Integrated Curriculum	SEL Practices in the Classroom	SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, & contexts.
	Module 2: <i>begin to</i> ECSEL in Communication with Families	Teacher's Own Emotionality	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.
	Module 3: <i>begin to</i> ECSEL and Reflective Practices	Teacher's Own Emotionality	RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.
	Module 1: What is Reflective Practice?	Teacher's Own Emotion	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior

Mentor Course 1: Introduction to Reflective Practice	Module 2: Integrating Theory and Practice	Teacher's Own Emotionality & SEL Practices in the Classroom	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively
	Module 3: Reflective Practice in Action	Teacher's Own Emotionality & SEL Practices in the Classroom	RESPONSIBLE DECISION- MAKING: The abilities to make caring and constructive choices about personal behavior and
Mentor Course 2: A Deeper Dive into Reflective Practice in Action	Module 1: The Importance of Reflective Practice: Goals & Outcomes	Teacher's Own Emotionality	SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior
	Module 2: The Steps Involved in Reflective Practice	Teacher's Own Emotionality	RESPONSIBLE DECISION- MAKING: The abilities to make caring and constructive choices about personal behavior and
	Module 3: Integrating Reflective Practice into the Professional Teaching Experience	Teacher's Own Emotionality & SEL Practices in the Classroom	RESPONSIBLE DECISION- MAKING: The abilities to make caring and constructive choices about personal behavior and
Mentor Course 3: Extending Reflective Practice to Communication with Co-Workers	Module 1: Working in Co- Teaching Teams	Teacher's Own Emotionality	SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from
	Module 2: Addressing Challenges with Co- Workers	Teacher's Own Emotionality	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively
	Module 3: Using Reflective Practice to Communicate Effectively with Co-Workers	Teacher's Own Emotionality & SEL Practices in the Classroom	RESPONSIBLE DECISION- MAKING: The abilities to make caring and constructive choices about personal behavior and
Mentor Courses 4: Extending Reflective Practice to Communication with Families	Module 1: Communication with Families about Child Progress	Teacher's Own Emotionality & SEL Practices in the Classroom	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively
	Module 2: Building an Inclusive Family Community	Teacher's Own Emotionality & SEL Practices in the Classroom	SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from
	Module 3: Using Reflective Practice to Communicate Effectively with Families	Teacher's Own Emotionality	RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively

