

Social and Emotional Learning: A Foundation for Life



The Social and Emotional Learning: A Foundation for Life module series will deepen your understanding of what social and emotional learning is and why it's critically important in the early years. It also offers a variety of practical strategies and approaches that you can use to support young children's social and emotional skills.

Consider this module series if you want to do the following:

- Deepen your understanding of the long-term implications of social and emotional learning in the early years.
- Strengthen your self-awareness.
- Recognize how your culture, values, and beliefs influence your perceptions and behaviors.
- Learn language and approaches that support children's development of social and emotional skills.
- Become more responsive to children's cultures and lived experience as you consider ways to support their development and learning.

Why This Module Series Is Unique

- Includes many vignettes that bring concepts to life, making the content relevant and meaningful to learners.
- Identifies developmentally appropriate approaches for supporting the social and emotional learning of infants, toddlers, preschoolers, and school-age children.
- Offers helpful approaches and language that you can use immediately.

This series has four modules. Here is a sample of what you will find in these modules:

Module 1: What Is Social and Emotional Learning?
(1 hour)

Explores the four social and emotional core competencies and the long-term significance of supporting children's social and emotional development in the early years.

Module 2: Supporting Children's Social and Emotional Development Begins With Our Own Self-Awareness (1 hour)

Examines the importance of becoming aware of your own thoughts, feelings, beliefs, and values when supporting children's social and emotional development.

Module 3: The Brain Develops in Response to Its Environment (1 hour)

Describes the ways brain development affects children's social and emotional learning.

Module 4: Creating a Climate for Learning
(2 hours)

Offers practical suggestions for supporting young children's social and emotional development.



This module series is available at no cost. To enroll, create a free account on [California Early Childhood Online](#).