

Courses you can host in your area, for your staff teams and networks

## Social and Emotional Learning (2 days)

### Overview

Working with the aims of the SEAL curriculum resource, the course addresses two aspects of social and emotional learning - the role of early movement in building the neurological maturity that underpins the ability to manage feelings and build resilience; and ways of using movement (a child's first and most direct language) to explore and communicate feelings, understand another's point of view, work in a group, stick at things when they get difficult, resolve conflict and manage worries.

### About the course

From the time a baby is born, right through their early years, they have a natural drive to move in particular ways that will help them to prepare their brain and their nervous system for all kinds of future functioning and learning. Early movement builds brains.

This course looks specifically at the ways in which this early movement affects how a child responds socially and emotionally, specifically the way they process the incoming sensory information that gives them a sense of self and a sense of relationship - visual, aural and tactile, as well as their sense of their body and the sense of their relationship to everything around them.

It also offers simple ways of using movement to explore feelings and relationships in direct and non-threatening ways.

### The course will enable you to

Using a simple theoretical framework and new understanding about the role of movement in development, the course will enable you to:

- apply fresh insight to the ways you work with challenging children
- use movement to help children get what they need to prompt important development and build their resilience
- use movement to help children to identify and manage their feelings

### Style of the course

This is a very practical course with lots of opportunity to both talk and move.

It will include:

- simple theory presented by the tutor
- practical movement activities
- small group discussions
- whole group feedback
- time to consider how you will implement the work in your own setting

### Who the course is for

Teachers, learning support assistants and learning mentors.

## Course content

- 1: **Theory and context:** simple theory about the brain, nervous system and developmental movement
- 2: **An introduction to developmental movement:** links between movement and learning; how specific movement activities underpin emotional and social development; how missed opportunities undermine future development
- 3: **Child-centred ways to ensure significant development is well supported:** movement games and activities that help to build foundations
- 4: **Resources and environments:** how to set up your classroom in ways that children can get what they need in and out of everything else you have to do!
- 5: **Safety issues:** consideration of working with different bodies; inclusion; safeguarding – child protection; looking after bodies as they move

## Attendance and certificate

A certificate of attendance is given to those completing the two days.

## Tutors

All training courses are run by experienced movement practitioners who ground their teaching in practical work with the appropriate client group. Courses combine theory and practice in seeking to give teachers, health and social care workers, as well as parents and families, new understanding that will enable them to integrate movement more fully into their ongoing activities.

## What to wear

Participants need to come ready to move – loose, comfortable trousers for preference.

## Hosting this course in your area

To discuss hosting the Social and Emotional Learning course in your area contact **Linda Neary** tel **0113 236 3344** email [linda@jabadao.org](mailto:linda@jabadao.org)

## About JABADAO

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit [www.jabadao.org](http://www.jabadao.org)

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