Note to SME:

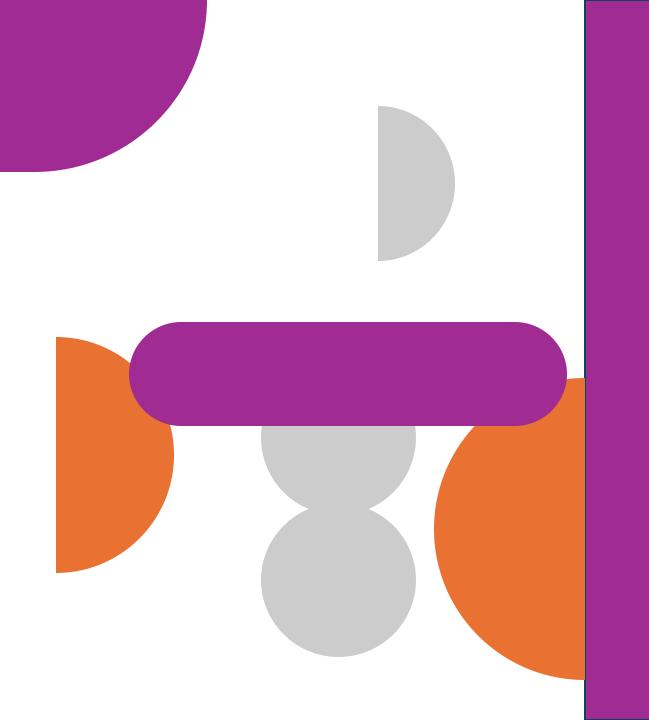
Hi Chris,

A few points before you begin your review:

- In this storyboard, we have used some layouts and background images to convey a certain message. However, these will not be replicated as is. They will be standardized based on the visual and design guidelines. These visuals are only a starting point.
- Although this is a conceptual topic, we have used a few instructional devices such as reflection points and storytelling in a couple of places. These topics are for adult learners and our intend is to provide strong and meaningful contexts for the information we are covering.
- In a couple of places, we have inserted comments to ask a question or bring something to your attention.

Thank you for your time!





Slide 1: Reflection Point



Do you think that mindfulness is enough to help a child thrive in life?

Select an option and click Submit.



Yes, it is the complete foundation to help a child progress through life.



Maybe. It depends on how the child is taught mindfulness and their own temperament.



No. Mindfulness is important but also needs to be supported with other initiatives.



Do you think that mindfulness is enough to help a child thrive in life?

Select an option and click Submit.



Yes, it is the complete foundation to help a child progress through life.



Maybe. It depends on how the child is taught mindfulness and the own temperament.

Children need more than mindfulness to truly thrive.

They need Emotional Intelligence (EI) and the ability to work, live, and play with others harmoniously.

Mindfulness is important but needs to be supported with r initiatives.



Do you think that mindfulness is enough to help a child thrive in life?

Select an option and click **Submit**.



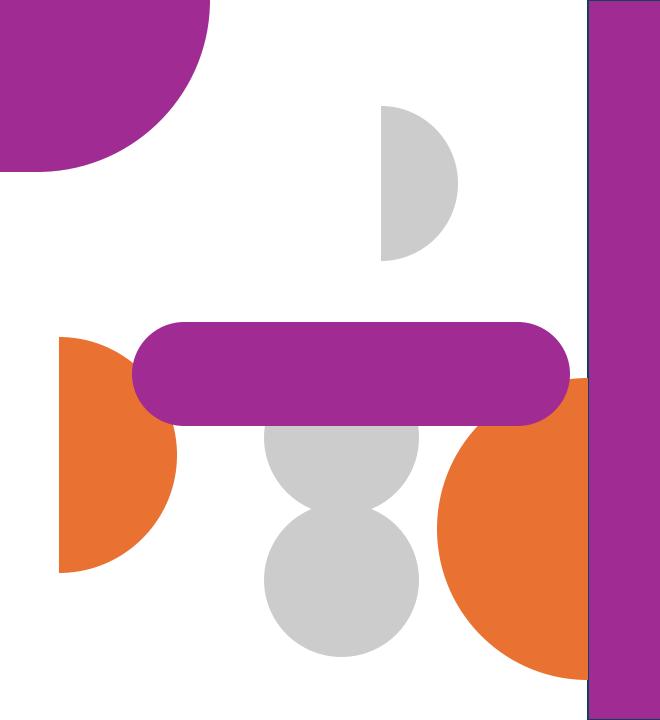
Yes, it is the complete foundation to help a child progress through life.



Maybe. It depends on how the child is taught mindfulness and the own temperament.

Children need emotional Intelligence (EI) and the ability to work, live, and play with others harmoniously.

Mindfulness is important but needs to be supported with r initiatives.



Slide 2: The World Today









Slide 3:
Topic Overview and Learning
Outcomes



Importance of SEL and El

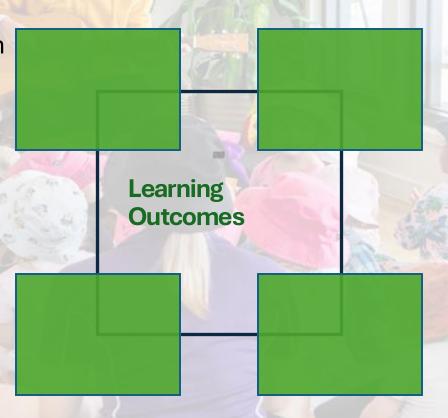
SEL's Long-Term Impact on Success Connection among SEL, Mindfulness and Breathing

SEL in Action

Educator's Role in Fostering SEL The class you see today is the society you'll see tomorrow.

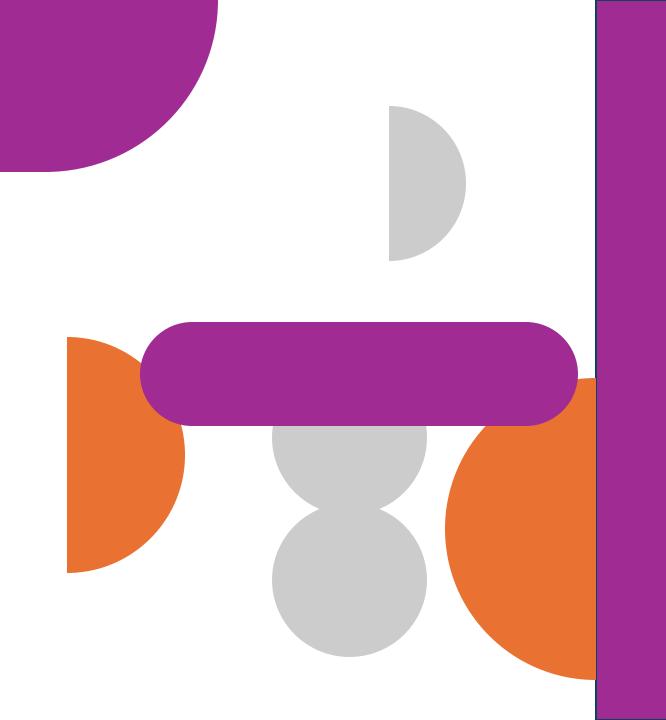
Build a strong foundation of conceptual understanding.

Recognize how the concepts of mindfulness, SEI, and breathing flow into each other.

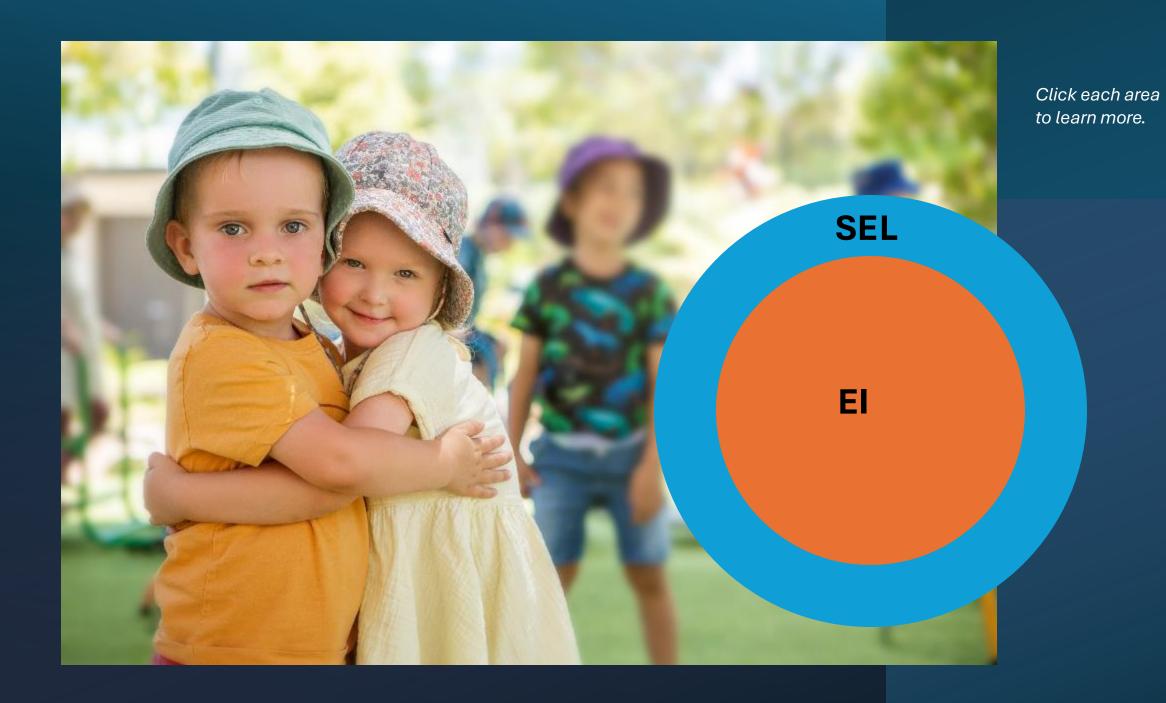


Become sensitized to the long-term impact of introducing mindfulness, El and SEL approaches.

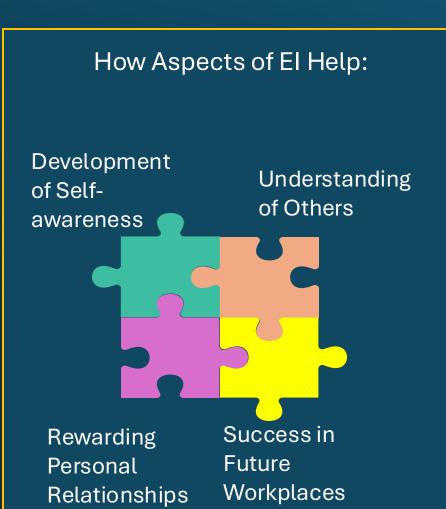
Know your role as an educator in fostering SEL.

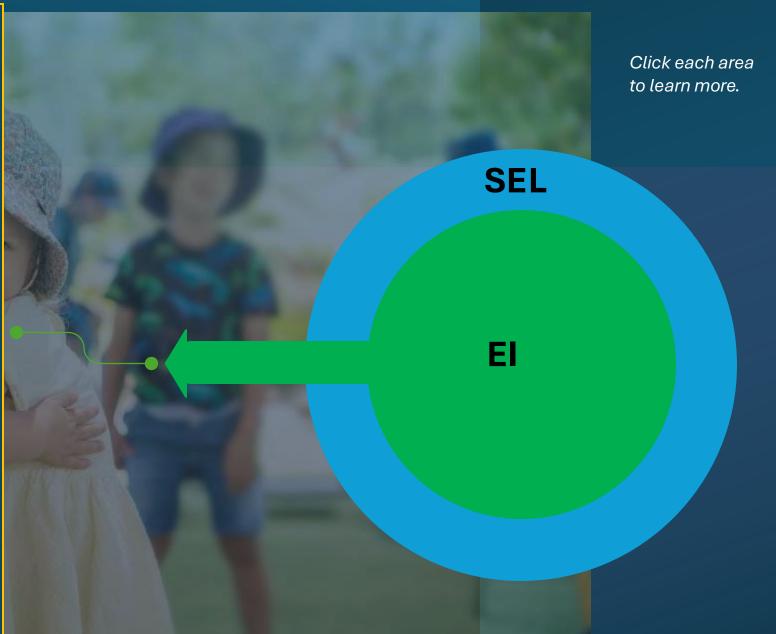


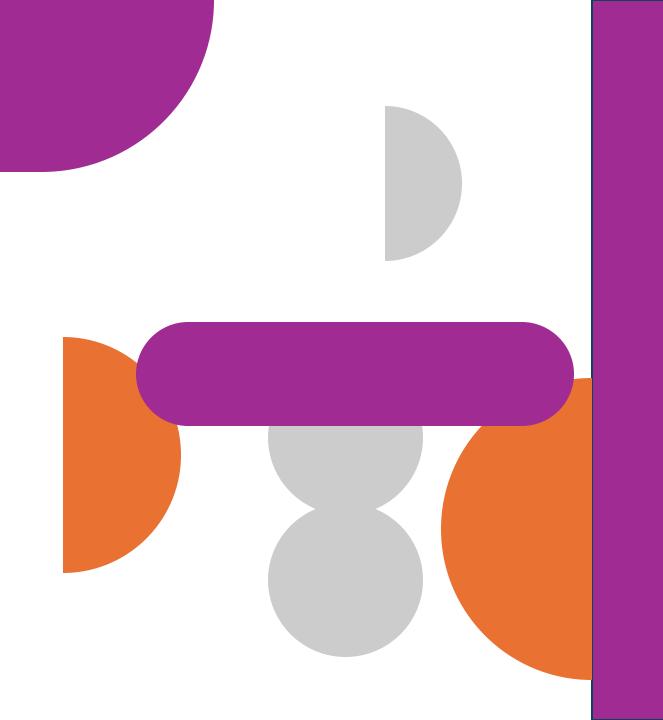
Slide 4:
Importance of
SEL and EI



Click each area to learn more. Process through which SEL children: Acquire El Develop empathy for others EI Learn problemsolving skills

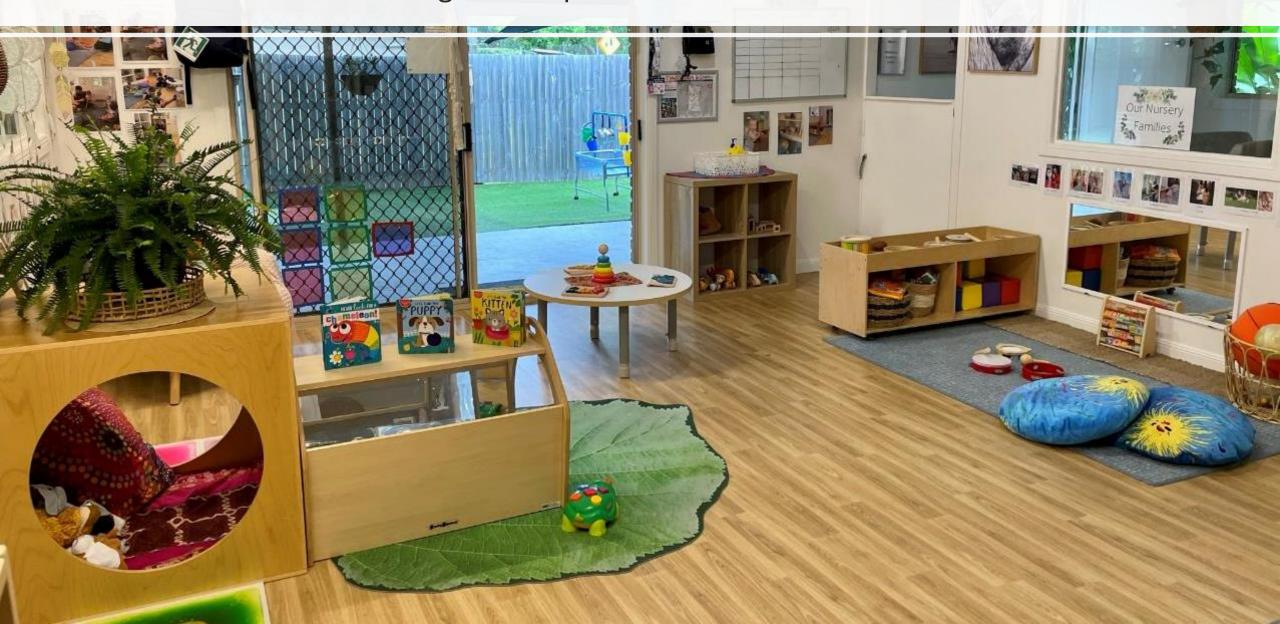






Slide 5: SEL's Long-Term Impact on Success

Long-term Impact of SEL + Mindfulness



Attain and effectively apply:

- Knowledge
- Attitudes
- Skills necessary to identify and manage their emotions





Individuals learn to:

- Understand another's perspective
- Empathise with others





Ref: (Collaborative for Academic, Social, and Emotional Learning, 2013; Weissberg, Payton, O'Brien, & Munro, 2007).



Individuals can:

• Set and achieve positive goals.





Individuals can:

• Develop and sustain positive relationships.



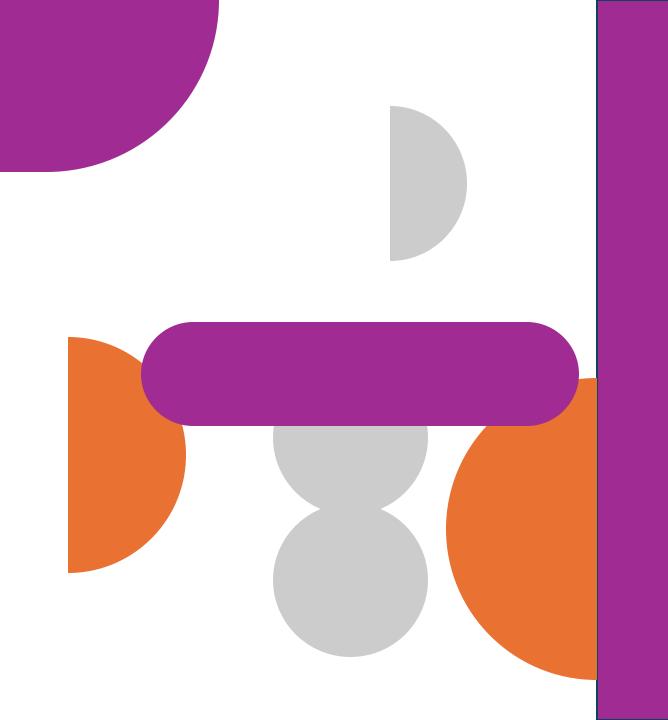
Ref: (Collaborative for Academic, Social, and Emotional Learning, 2013; Weissberg, Payton, O'Brien, & Munro, 2007).



Individuals can:

• Develop and sustain positive relationships.





Slide 6:
Business Case
for SEL



Study conducted by University of New South Wales

It involved 5,600 individuals.

Individuals worked across 77 organisations.

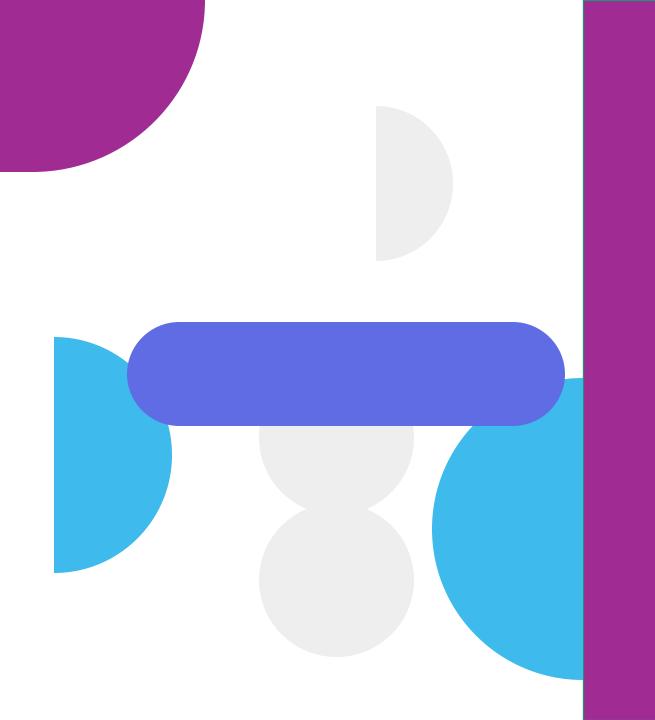
Interesting findings about the workplace were revealed.



Findings:

- Attributes such as mindfulness, empathy, and compassion are essential for performance and profitability.
- A leader must be compassionate and understand the motivations and challenges of others.





Slide 7:
The Story of
Sebastian and
Saul

Storytime!

Start Story

Note that the story is not supported by audio.





Sebastian and Saul were friends since the time they were in their prams. Both used to throw violent tantrums. Their families had a tough time dealing with them as children.





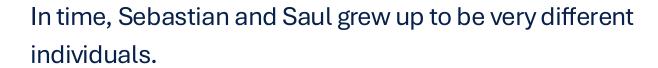
As time went by, Sebastian moved to a new city and went to a fun childcare centre. His teacher was a sweet, gentle lady who helped Sebastian explore and understand his emotions.



Saul's childcare teacher had a different approach. When he would throw a tantrum, he was given a time-out. His parents were called and he was generally alienated from the group.



Sebastian



Sebastian was loved by his colleagues and community. He could understand other people's perspectives and learn to adjust.

Saul had challenging relationships and always felt misunderstood. At work, he felt that his boss was alienating him from project and his colleagues were being unsupportive.

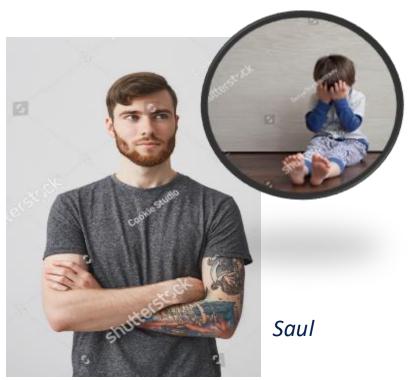


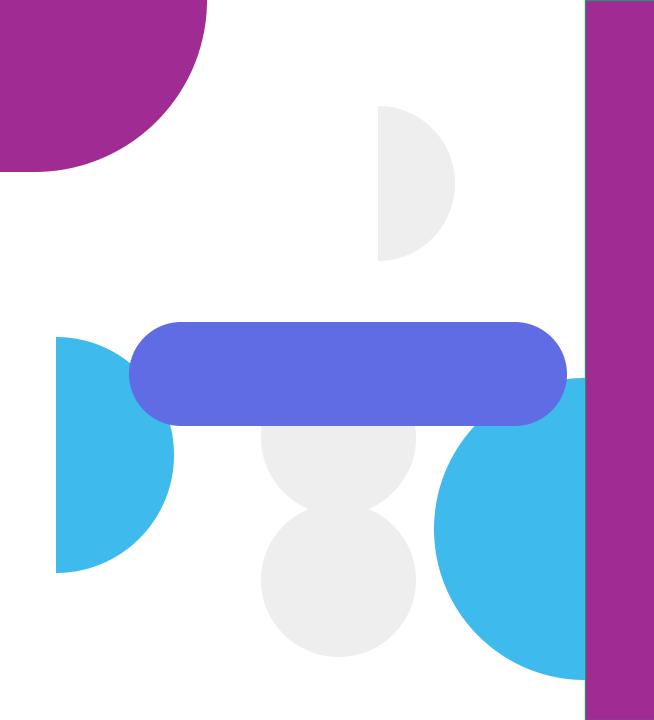
Saul



Of course, both Sebastian and Saul may have had a lot of factors for and against them. The difference, however, is that Sebastian could learn to live and work with his emotions while Saul couldn't.

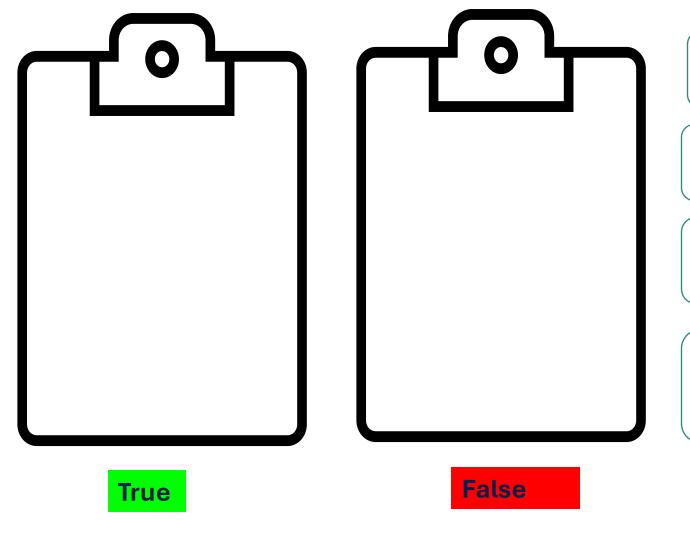






Slide 8: Knowledge Check Do you understand the concepts of SEL and El.

Identify the statements as True or False. Drag these statements into the relevant category and click **Submit**.



SEL is the process of ensuring that the child's IQ level increases.

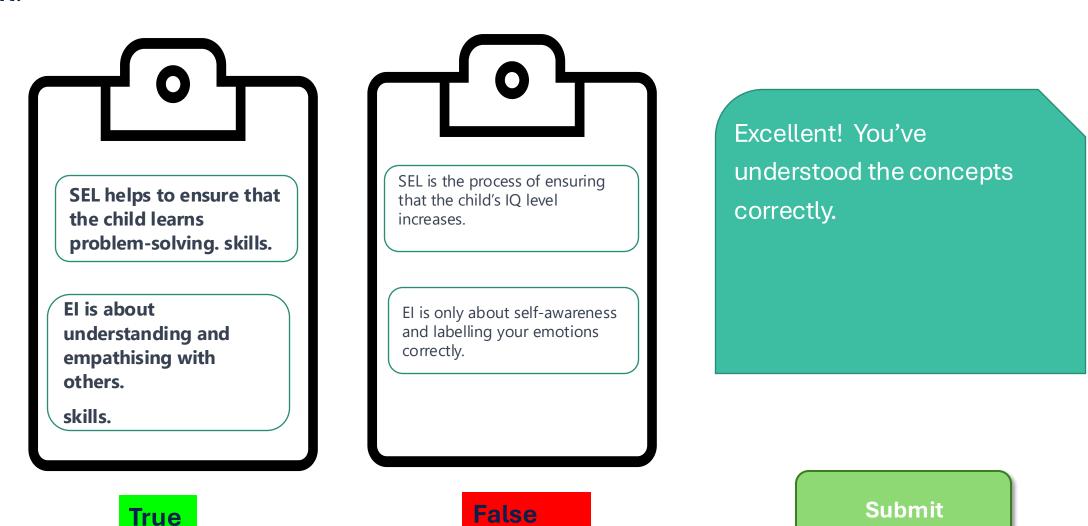
El is only about self-awareness and labelling your emotions correctly.

SEL helps to ensure that the child learns problem-solving. skills.

El is about understanding and empathising with others. skills.

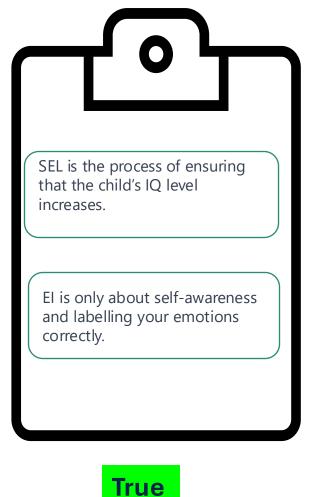
Do you understand the concepts of SEL and El.

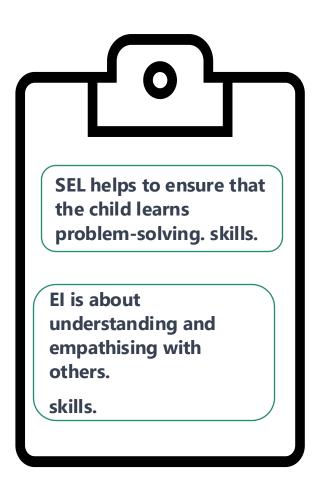
Identify the statements as True or False. Drag these statements into the relevant category and click **Submit**.



Do you understand the concepts of SEL and El.

Identify the statements as True or False. Drag these statements into the relevant category and click **Submit**.

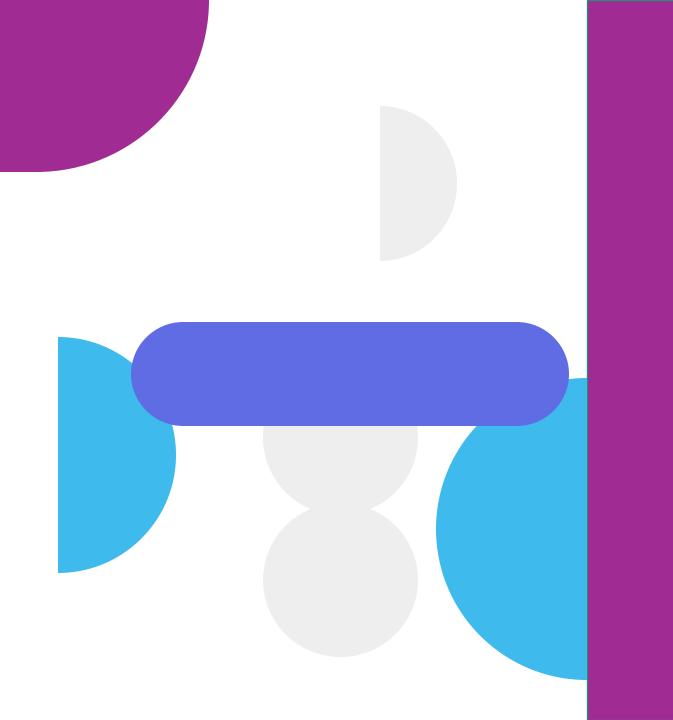




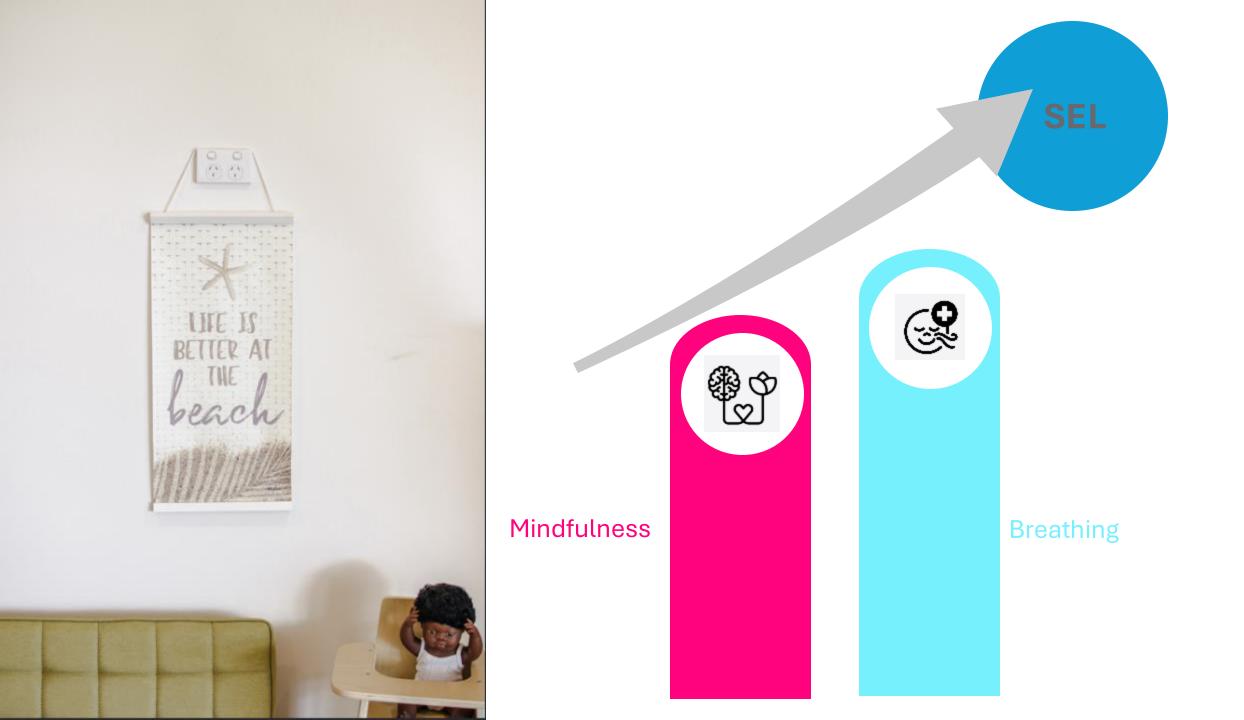
Not quite! The correct answers are indicated here. We suggest you review these concepts again for better understanding.

False

Submit



Slide 9: SEL, Mindfulness, and Breathing: The Connection





Mindfulness isn't just about self-regulation.

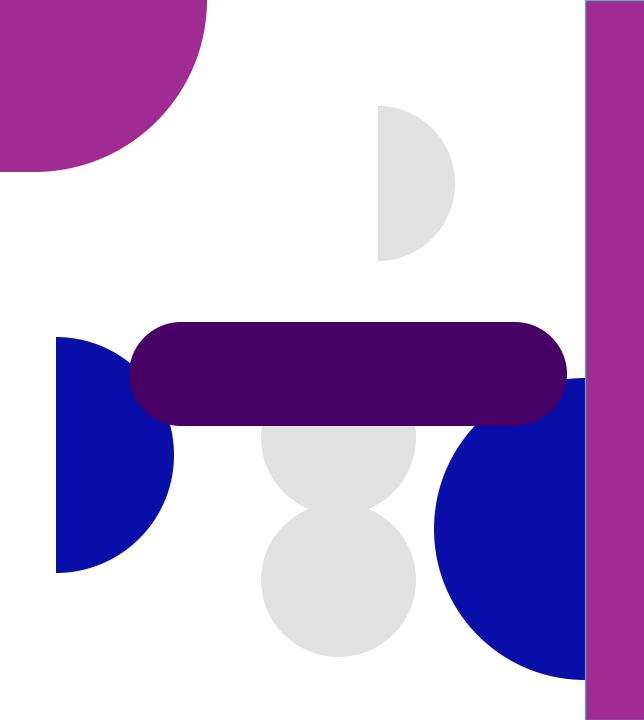


It's about developing a deep awareness of our own emotions and those of others around us.



Why we must focus on nurturing these skills :

- To enhance a child's current well-being
- Set them up for future success



Slide 10: SEL in Action How mindfulness in young children can reduce conflicts.

Enhance children's ability to regulate their emotions and behaviour.

Improved regulation leads to a decrease in conflictual behaviours.

Children have more harmonious interactions with peers and adults.

Children become better at managing impulses and understanding emotions.

Ref.: Flook et al. (2015). This study, titled "Promoting prosocial behaviour and self-regulatory skills in preschool children through a mindfulness-based Kindness Curriculum."



Click each arrow to read their observations.



"I owe a lot to Mrs. Debbie. She truly helped me understand how I could communicate my feelings and work well with others. I felt valued and supported. I owe a lot of my success and happiness today to my early experiences."

"I wish I had more support in my early years. I was too young to know what made me angry and why. It didn't help that my teacher...I don't remember her name...she never even tried to understand me. I think my life would have been different with her support."





Slide 11: Conclusion and Action Steps Nurturing SEL is about preparing our children for a well-rounded, successful future.











Every interaction you have with a child is an opportunity to build their El and social skills.