

Course code CLA.1.SELSS

Last update 03/08/21

Course information

Title	Social-Emotional Learning and Safety Skills in Finnish Education
Concept by	Mirjami Junnikkala
Course URL	teacheracademy.eu/course/social-emotional-learning/
N. of participants	Min. 4 - Max. 14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> • Helsinki - Second Monday of the month • Oulu - First Monday of the month <p>On request, we can organize this course directly at your school. Discover all the dates at teacheracademy.eu/courses-dates/</p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	<p>Starting from 480€ *</p> <p>* Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.</p>

Course contents

Description

Social and Emotional Learning (SEL) and safety skills education strengthen children's self-esteem, self-awareness, and self-respect. It promotes children's interaction skills and supports relationships with others. Children learn how to act in difficult situations and how to defend their own boundaries and respect those of others.

Digital media became a vital part of our everyday life and also young children use various types of devices to connect to the Internet. So, it's the adults' responsibility to make sure that every child has a safe environment. It's important to learn **how to navigate safely in the digital world**. Children and young people need more skills and information. The aim of safety skills education is to prevent bullying, harassment, and violence against children and young people both face to face and in digital environments. In this course, you'll learn what are safety skills and how to teach them.

EdTech solutions are often associated with teaching children hard skills, like programming. During this course you'll learn some simple ways **how EdTech can foster SEL** (Social Emotional Learning) and at the end, you'll get to know some digital APPs and platforms that you can use to foster it.

In this course, the participants will get to know new ways to develop pupils' wellbeing, safety, and social skills in learning environments as well as in digital environments. They'll also strengthen their own self-awareness and self-confidence. Teacher's social-emotional skills are important for helping children avoid burnout, increase well-being and create a positive learning environment. Participants will learn also some tips and techniques to develop their socio-emotional skills. In this course, you'll learn by doing, sharing, and brainstorming with other participants.

Learning outcomes

- Get to know the basics of SEL;
- Get familiar with the elements of the safety skills;
- Learn how to use EdTech to foster SEL;
- Strengthen your own safety skills;
- Develop social and emotional skills to increase well-being;
- Create lesson plans.

Tentative schedule*

Day 1 – Introduction to the course and setting goals	Day 2 - Finnish EdTech in SEL
<ul style="list-style-type: none">• Introduction to the course, the school, and the external week activities;• Icebreaker activities;• Presentations of the participants' schools;• Goal setting for the week;• Me as a teacher, SWOT -analysis.	<ul style="list-style-type: none">• Finland is the happiest country in the world, why?• Getting to know SEL skills;• EdTech in SEL, How can EdTech support social and emotional learning.
Day 3 - What are safety skills?	Day 4 - Lessons planning
<ul style="list-style-type: none">• Elements of safety skills education;• Digital safety skills.	<ul style="list-style-type: none">• Teacher's own social-emotional skills to manage stress, avoid burnout, and increase well-being;• Hands-on-activities;• Creating lesson plans.
Day 5 - Sharing lesson plans and discussion	Day 6 - Course Closure & cultural activities
<ul style="list-style-type: none">• Sharing lesson plans, feedback, and discussion;• Learning café about the topics of the week.	<p>Course closure</p> <ul style="list-style-type: none">• Course evaluation: round-up of acquired competencies, feedback, and discussion;• Awarding of the course Certificate of Attendance. <p>Cultural activities</p> <ul style="list-style-type: none">• Excursion and other external cultural activities.

*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Links and resources

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