

## **Emotional Literacy for Students & Adults**

The Collaborative for Academic, Social, and Emotional Learning (CASEL) established five competencies for social health and wellbeing:

- 1. Self-awareness**
- 2. Self-management**
- 3. Social awareness**
- 4. Relationship management**
- 5. Decision-making skills**

This fun and interactive day provides adults and/or middle school students with leadership opportunities as they learn the competencies. Learn the distinction between feelings and emotions with strategies for self-regulation. Goal setting and action planning will result in projects in your school, business, or community organization. Contact us to discuss your needs: [info@restorationmatters.org](mailto:info@restorationmatters.org)