

Social/Emotional Learning (SEL) & Mindfulness Start Here!

What is Social and Emotional Learning (SEL)?

Social and Emotional Learning develops ways to manage their emotions, set and achieve positive goals, feel and show empathy for others, create and maintain positive relationships and make responsible decisions. These are life skills children are developing and need when we are adults.

What is Mindfulness?

Mindfulness supports SEL as the base of awareness. Mindfulness is paying attention in the present moment. It includes being aware of one's thoughts, emotions, bodily sensations, and the surrounding environment. By practicing mindfulness, research shows there is often an increase in the ability to focus, manage emotions, as well as promote mental and physical well-being and resiliency.

10 Minutes of Mindfulness/SEL Initiative

As part of the Superintendent's Mindfulness Initiative "all schools shall dedicate a minimum of ten minutes within each school day" to provide social & emotional learning (SEL), mindfulness, and/or mental health instruction.



The Staff and [Family 10-Minutes of Mindfulness Toolkits](#) were created to provide resources, training, mindfulness sessions and on-demand recordings to assist schools with the implementation of this requirement.

Mindfulness Sessions

Weekly BCPS Alerts will provide reminders of 10-Minute Sessions for the first few weeks of school and will continue providing what is needed.

- Elementary: 8:00 am and 1:50 pm
- Secondary: 8:35 am, 12:10 pm and 2:30 pm.



Recorded sessions are then available in the ["10 Minutes of Mindfulness" Toolkit](#).

Want to Learn More about Mindfulness?

Connect with the [Center for Mind Body Medicine](#) and sign up for a [CMBM Skills Group](#) series to explore different types of mind-body connections and mindfulness.



District SEL & Mindfulness Support

Ongoing support will be provided by the School Counseling and BRACE Department.

- Phone Number 754-321-1675
- Website: <https://www.browardschools.com/Page/35264>



Parent/Caregiver SEL Access

[SEL and Mindfulness Families Toolkit](#) offers resources with on-demand videos and links for parents/caregivers to use at home with students of all ages.

As parents/caregivers do not have a BCPS launchpad, they need to create a Rethink Ed account to access the system.

1. Parents/Caregivers must go to the [Team Member Registration website](#).
2. Complete the online form and click REGISTER

Schools can use this [parent letter](#) to communicate the Rethink Ed options with families.



How Do I Register for My Free ReThink Ed Account?

Rethink Ed has an easy to use platform with a menu of SEL lessons accessible to families. Complete the form and click REGISTER. Consider writing down your username and password. Enjoy the program!



[CLICK HERE FOR BROWARD COUNTY PUBLIC SCHOOLS/RETHINK ED PARENT ACCOUNT REGISTRATION](#)