



# Keyport Social Emotional **Virtual** Learning Academy

Mission: To provide the community of Keyport and all members of the Keyport Public School District open access to vital information regarding Social and Emotional Learning. technology. These informative workshops will allow you to better help your students and families!

ALL WORKSHOPS Will BE FROM 6- 7:30 PM & CAN BE ACCESSED VIA GOOGLE MEETS. Click the Links Below

[10/8/20--Lunch Application Assistance](#)

[10/22/20-FAFSA/Financial Aid Workshop](#)

[11/19/20-Introduction to SEL](#)

[1/14/21--How to help kids cope](#)

[1/28/21--Mindfulness Workshop](#)

[2/4/21--Coping Skills Toolbox](#)

[2/18/21--Why SEL is important for Adults](#)

[3/4/21--Why SEL is important for Kids](#)

[3/18/21--Why SEL is important for Teens](#)

[4/15/21--Affirmation Jars](#)

[5/6/21--Relaxation Techniques](#)

[5/20/21--Guided Imagery](#)

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Learners Today...Leaders Tomorrow

