

# Excel with SEL

## Physical Activity to Reinforce Social and Emotional Learning

### Description:

*In this most challenging school year, both children and adults have experienced trauma of varying degrees. Reinforcing social and emotional competencies at this time will help to create a safe environment, as well as empower students and teachers to begin the healing process. This workshop will provide teachers with strategies for developing connections with students and between students.*

### Outcomes:

- Participants will understand how physical activity can reinforce self-awareness, decision-making, and relationship-skills.
- Participants will gain an in-depth understanding of OPEN, as well as other free resources to support SEL.

### About the Presenter

*Nicholas Kline is advocate for physical education and embraces the importance of remaining active for a lifetime. Nick is a National Board Certified Teacher and taught physical education for 10 years. Currently, he is an adjunct lecturer at SUNY Cortland. Nick is also a consultant under the name [Be the Hype](#), which supports both physical education and physical activity. As an OPEN National Trainer, Nick shares his passion and enthusiasm with others.*

