

W2BW & Sounders FC:

Tools to Support SEL in Classrooms

Secondary Certificated Staff Earn Clock Hours & Score Sounders Tickets!

Work2BeWell and Sounders FC present six engaging videos where you'll explore essential tools and strategies to enhance mental health and overall well-being—for yourself and those you support.

- ✓ **Secondary Certificated Staff will earn clock hours** (Includes SEL & Equity Hours)
- ✓ Complete the entire series and **receive tickets** to an upcoming Sounders match!

Topics covered:

- ✦ **W2BW Overview** – Learn about Work2BeWell's mission and resources
- ✦ **Emotional First Aid Kit** – Essential tools for managing emotional distress
- ✦ **Self-Care Fundamentals** – Strategies to prioritize and maintain well-being
- ✦ **Understanding Stress** – Recognizing and coping with stress effectively
- ✦ **ECPR Training** – Emotionally Connect, Partner, and Respond in mental health crises and learn how to guide others in using these techniques.
- ✦ **Mind + Body Connection** – Strengthening overall wellness through awareness

Watch, learn, and get rewarded!

Courses are available in the ProDev Portal.



Course ID 12252

Complete all of the videos by June 27th to get tickets to a Sounders match!



WORK2BEWELL



Providence



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