

Wellness Training:

Supporting Emotional
Awareness & Confidence in
Early Childhood



- Since 1985 -



As your partner in education, **our mission is to support you in empowering every child to reach their full potential.** We do this by providing the widest selection of high-quality, innovative products at exceptional price and value supported by best-in-class service.



★ ★ ★ ★ ★
**AMERICA'S BEST
ONLINE SHOPS**

✓ 2020 ✓ 2022
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the #1 rated online shop in early education for 5 years!

Newsweek

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the **exclusive brands**
you rely on daily!



With Colorations® art supplies, children can explore their creativity and self-expression while learning problem-solving, critical thinking, communication skills and more.



Fun and engaging educational materials created by teachers, for teachers. Innovative learning materials with practical applications designed by experienced educators. Grades K–8.



Frog Street® pairs intentional instruction with engaging hands-on exploration through a guided curriculum that is accessible, inclusive and backed by research. Ages birth to 5 years.



Your
One-Stop
Shop



Environments

Environments® furniture is smartly designed and built for long-lasting durability. These kid-tough birch wood furnishings withstand years of use, feature a beautiful cream color and are UL GREENGUARD certified.



With Excellerations®, learning and discovery happen through play! Eye-catching, tactile learning tools help children develop problem-solving, critical thinking, and social-emotional skills. Ages birth to 5 years.



Transform your classroom into a science lab! Our STEM kits and toys help children explore science concepts through engaging experiments. Ages PreK and up.



By the end, teachers will have:

- Understood how important they are
 - Experienced each tool hands –on
 - Learn at least one practical use for each
 - Created a plan to implement emotion regulation, mindfulness, and kindness routines
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“Our classrooms mirror our emotions—what we model, children learn.”

Understanding the Importance of Emotions

Our Own Emotions as Teachers

Understanding Our Students' Emotions

Helping Students Understand their Own Emotions



Why Confidence & Self-Awareness Matter

Confidence allows children to take academic and social risks (try a new word, attempt a math problem, join a group game).

Self-awareness helps them recognize their strengths, set goals, and reflect on their growth.

Together, these skills foster resilience and a positive classroom climate.

Over time, students shift from needing outside validation to practicing self-awareness and self-encouragement.

-  **Mindfulness in the Classroom**
 - **Regulates emotions:** When students practice breathing, stillness, or guided reflection, it lowers stress and calms the nervous system.
 - **Improves focus:** Mindfulness strengthens attention—students can listen better, follow directions, and stay on task longer.
 - **Teaches self-awareness:** Kids learn to pause and notice how they feel before reacting. That means fewer meltdowns and more thoughtful responses.
-  **Movement in the Classroom**
 - **Releases energy:** Children naturally have short attention spans. Movement breaks prevent wiggles from turning into disruptions.
 - **Supports brain function:** Research shows physical activity increases oxygen and blood flow to the brain—making learning stickier.
 - **Builds body awareness:** Yoga poses or simple stretching help kids connect body and mind, promoting confidence and coordination.



What Is Sensory Regulation?

Sensory regulation is the ability to manage input from the senses—sight, sound, touch, movement, smell, and taste—so we don't feel overwhelmed or shut down. For children, especially in early childhood or special education settings, sensory processing is still developing.

Supports Self-
Regulation

Reduces
behavior
Challenges

Improves Focus
and Engagement

Builds
Independence



Why It Matters

Kindness creates safety: When children feel valued and respected, they are more willing to engage academically and socially.

Social skills are learned: Sharing, turn-taking, and empathy don't come automatically—students need structured opportunities to practice.

Ripple effect: Modeling kindness in class influences how children treat peers at home, on the playground, and in the community.

Wrap Up & Relaxion

- Objective:** Solidify learning and plan classroom application.
- Activity:**
 - Pass around the **Confidence Mirror** again—each teacher says one positive affirmation about themselves as an educator.

Dear educators,

Thank you for your extraordinary work and tireless efforts in shaping young minds and guiding them towards a brighter future.

The impact of your work reaches far beyond the classroom as you nurture students' minds, hearts and spirits.

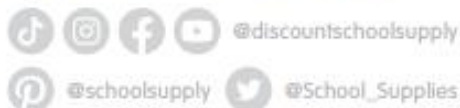
Along your teaching journey we hope to be a dependable partner you rely on again and again.

We're happy to have you in our community of educators to support and inspire the next generation.

With gratitude and appreciation,



join us on social media!



We would love to partner with you, create a classroom that is enchanting and fun learning place for children.



Thank you for the opportunity

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