

overnight
SEAL  Retreat



Integrating
the Arts
with
Social-
Emotional
Learning

Developing our students' Social and Emotional needs is becoming more and more necessary. The ARTS can be an integral part of this learning for them! During our time, we will explore and experience how the arts can be integrated into what we do with students to develop their social-emotional skills. Along the way, we will learn activities to promote wellness, mindfulness and a sense of community.

All the activities are different each year so that teachers can come back time and again and continue to be inspired! After all, our motto remains that teachers must **Get Inspired** in order to **Be Inspiring!**

"Not only does [the SEAL retreat] refresh the teacher mind, body and soul- it reminds you that you need to take care of yourself in addition to helping take care of some of your students that need it the most."
~Mary R.
(She's been to every SEAL Retreat!)



Essex Woods Retreat Center, Essex, MA
January 31, 5:00 pm –
February 1, 4:00pm

Name:	Winter Teacher Art Retreat Jan. 31-Feb 1, 2020 Please register before January 24th.		
Address:		Quantity	Price
	Overnight Retreat (\$350)		
	Single Occupancy (+50) Double Occupancy included		
Phone:	Early Bird (-\$30) (Send registration before November 15.)		
Email:	Totals:		
Please send checks to The Inspired Classroom, PO Box 303, Hampton Falls NH 03844	or register online at http://theinspiredclassroom.com/retreat		