

— INTRODUCTION TO —
SOCIAL EMOTIONAL HEALTH

Which elements of social emotional health are you already doing well?

Which elements would you like to grow?

Create two to three goals with objectives that will support the elements you would like to grow during this school year.

ABOUT MOMENTOUS INSTITUTE

Momentous Institute, powered by the Salesmanship Club of Dallas, has for almost 100 years helped kids build and repair social emotional health so they can achieve their full potential. We believe in the power and the responsibility of expecting momentous outcomes for every child, because all children deserve that unwavering belief.

Our integrated approach to education and mental health benefits thousands of North Texas children and family members each year. At the nationally acclaimed Momentous School, children ages 3 years old through fifth grade, most of whom are growing up in poverty, receive an education that prioritizes social emotional health each day in concert with rigorous academics. Our strength-based therapeutic programs involve the whole family and are grounded in our commitment to never define people by limitations or diagnoses. With our help, parents who once felt overwhelmed and hopeless feel competent and confident, and kids having trouble learning or getting along with others because of trauma, abuse or other mental health issues are better able to reach their full potential.

In addition to our direct work with kids and their families, we invest in research, innovative program development and training in an effort to help far more children than we could ever serve directly.

LEARN MORE

www.momentousinstitute.org

Our blog with strategies, tools and resources for educators and professionals
www.momentousinstitute.org/blog

Our shop with tools, posters, books and more to build social emotional health
www.momentousinstitute.org/shop

Our social media channels for engaging resources and content
www.facebook.com/momentousinstitute
www.twitter.com/momentous