



## E-WISEE LAB

<b>Name of activity</b>	<b>HUGBIT- Social and Emotional Development in Youth Work - Training Course</b>
<b>Description of good practice</b>	<p>The SEL (Social and Emotional Learning) method and the Hugbit project set out to share good practices for effective emotional learning.</p> <p>The SEL method is a process through which we learn to recognize and manage emotions, care for others, make good decisions, act ethically and responsibly, and develop positive social relationships while avoiding negative behaviours.</p>
<b>Target group involved</b>	Young teachers, psychologists and youth workers from Italy and Hungary.
<b>The context in which it was tested</b>	Non-formal learning context that allowed each participant to get involved and share his or her ideas and methods; putting the techniques recounted into practice provided an additional space for discussion and introspection that could develop further reflection.
<b>Methodologies used</b>	Non-formal learning
<b>Links to videos or toolkits related to good practice</b>	<a href="https://ceipes.org/it/hugbit-lo-sviluppo-sociale-ed-emotivo-nello-youth-work-corso-di-formazione/">https://ceipes.org/it/hugbit-lo-sviluppo-sociale-ed-emotivo-nello-youth-work-corso-di-formazione/</a>
<b>Year of realisation</b>	2021
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