

# Beautiful Mind

Celebrating the Mind and Empowering  
Young People to be Leaders



**When?** Thursday, November 30,  
2023, 8:45 AM – 2:00 PM

**Where?** Churchill Meadows CC  
& Mattamy Sports Park, 5320  
Ninth Line, Mississauga, ON L5M  
0R5

**Who?** Mental health student  
leaders from your school  
accompanied by teachers and  
parent/guardian volunteers.

**Cost?** This program is provided  
free to participating schools by  
Erin Mills Connects community  
collaborative and University of  
Toronto Mississauga's Centre for  
Child Development, Mental  
Health, and Policy. Thank you to  
the Region of Peel and the City  
of Mississauga for their financial  
support.



- Lunch and snacks provided
- Transportation cost reimbursement
- Evidence-informed curriculum from the University of Toronto Mississauga
- Fun and engaging activities led by UTM and local high school student leaders
- Opening and closing by Coach Miguel Martinez of MTClife!

**EDUCATORS, REGISTER  
YOUR SCHOOL BY NOV. 23**

**AT:**

[onpathway.me/nov30bmd](https://onpathway.me/nov30bmd)



**Questions?**

Contact us at  
[info@erinmillsconnects.org](mailto:info@erinmillsconnects.org)  
or visit  
[erinmillsconnects.org](https://erinmillsconnects.org).



UNIVERSITY OF TORONTO  
MISSISSAUGA  
Centre for Child Development, Mental Health, and Policy

# The 3Es of Social-Emotional Development

## What are *The 3Es* and why they are important?

*The 3Es of Social-Emotional Development* was developed by Dr. Tina Malti and the Laboratory for Social-Emotional Development and Intervention (SEDI Lab) at the CCDMP. Based on 20+ years of research, *The 3Es* focus on children's **emotion regulation, empathy for the self, and empathy for others**, important concepts for personal and social development.

## Here's why each of these aspects is crucial:



### Emotion Regulation

Emotion regulation refers to the ability to understand, manage, and control one's own emotions. It is important for students to be able to have emotion regulation skills so that they are better able to understand themselves and interact positively with the world around them.



### Empathy for the Self

Empathy for the self is the ability to understand and be kind to oneself. This will help students have better self-esteem and self-worth, therefore improving their relationship with themselves and helping them become better leaders.



### Empathy for Others

Empathy for others is the ability to understand and share the feelings of others. This capacity will help students have better relationships with those around them and enable them to become kinder and more understanding members of society.

## LEARNING OUTCOMES:

- Students will engage in activities that will focus on supporting their emotion regulation, empathy for the self, and empathy for others.
- Students will be encouraged to reflect on their learning and how it connects to their everyday lives.
- Students will be encouraged and supported to take what they learn and share it with their peers at school!