

Why is social emotional learning important?

By Vidhya G,

Imagine having the strategies and tools one need to manage himself and his emotions when he is feelings upset, angry or irritated! Learning how to read others faces and body language so he knows how to handle situation to his best advantage is a key concept.

As an educator developing the EI of a child is one of the greatest gifts available. Research shows people who have these skills are the ones who are happy and successful in life. Of course academic achievement is important too, but EI skills are the ones that differentiate people, that lead to more happiness and success.

An emotionally intelligent child can control his impulses, so he's less prone to temper tantrums and other bad behaviours. He also knows how to delay gratification, so he can wait patiently for dessert until everyone at the table's finished their main meal, for example. An emotionally intelligent child is resilient. He can manage life's ups and downs and care for and protect his emotions. He also knows how to read people's social cues. Research suggests these abilities bring many positive results in the all facets of life.

"Although some educators argue against implementing this type of holistic programming because it takes valuable time away from core academic material, our findings suggest that SEL programming not only does not detract from academic performance but actually increases students' performance on standardized tests and grades,".

"Children are born ready to learn". It's vital to develop emotional skills to lay the foundation for their academic success. Social-emotional learning works best when minds are young and "malleable".

I would like to emphasis on one particular learning "Self Awareness- Relationship- Dealing with Anger"

This will help young one to address the issue of anger and realise its consequences. This skill can help to gain better understanding about ourselves to handle anger provoking situations better, maintain interpersonal relationships and ultimately promote harmony between self and others.

The strategies can be used are:

- The class is told to show their emotional states using only body language. This helps students to become more proficient in naming their own emotions and become better at reading the emotional cues of those around them
- Students can anonymously write down their worries and fears. These notes are shared with the class at weekly meetings, building trust amongst class members, comfort as they discover that they are not alone in their fears, and empathy for classmates whose experiences are different from their own.
- Role plays allow students to explore different ways of responding to conflict, and assess for themselves which results in the most positive outcomes.
- Learning how to manage stress through meditation.

Learning social, emotional and ethical competencies are building blocks of one's behavior and need to be learnt well to lead a healthy, meaningful and productive life.