

HAPPY SCHOOL, HAPPY LEARNERS: INTEGRATING SOCIAL-EMOTIONAL LEARNING IN OUR CLASSROOMS

by:

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Schools should be a place of happiness. Our daily academic activities with our pupils aim to provide a happy place. This is because a happy school creates happy teachers and happy learners!

According to cfchildren.org (2022), Social-emotional Learning or SEL is gaining the self-awareness, self-regulation, and interpersonal skills necessary for academic, occupational, and personal success. Individuals who are well-equipped socially and emotionally do better in school, work, and personal lives. SEL teaches problem-solving, self-discipline, self-awareness, impulse control, and emotion regulation.

These things can be and should be integrated into our teaching and learning strategies.

We have a lot of opportunities to teach our pupils. According to Teach for America (2022), we can integrate SEL in our classrooms by being present and observant of our pupils. We should be sensitive to what our pupils do and how they feel. It is already a common principle among teachers that students learn best when they are ready. Another way is to create a supportive atmosphere. Our schools should be safe spaces. Teachers are second parents and pupils should be able to trust their teachers and feel safe. Sharing life experiences is another way to observe SEL in classrooms. Allow your pupils to share their experiences and be willing to listen. Also, stimulate discussions among your pupils. SEL advocates a conversational atmosphere. Always attempt to talk to your pupils and make them feel that they are being heard. Finally, allow students to practice what they have learned. Give them enough opportunity to practice. As we always say, practice makes perfect!

Learning will thrive when schools are places of happiness, and teachers will teach with passion. We all win when we encourage a happy school; ultimately, our pupils are the real winners. Remember, happy school, happy learners!

References:

Committee for Children. (2022) What Is Social-Emotional Learning? Accessed on December 5, 2022 via <https://www.cfchildren.org/what-is-social-emotional-learning/>

Teach for America. (7 January, 2020). How to incorporate Social-Emotional Learning in your Classroom. Accessed on December 5, 2022 via <https://www.teachforamerica.org/one-day/top-issues/how-to-incorporate-social-emotional-learning-in-your-classroom>