

THE USE OF SOCIAL-EMOTIONAL LEARNING IN TEACHING KINDNESS & EMPATHY

by:

Anna May D. Pantaleon

Teacher III, Justice Emilio Angeles Gancayco Memorial High School

The emphasis in today's educational system focuses on teaching high standards to prepare students to achieve compelling results from varied assessments. Such assessments may support the effectiveness of the learning institution as a whole. Teachers must adhere to a learning program that is centered on increasing students' academic competencies. To become successful, students must learn to work collaboratively with others and express their ideas and feelings. Social-emotional training can help to establish these skills.

Social-Emotional Learning (SEL) concentrates on the improvement of interpersonal skills required for establishing relationships both inside and outside of the classroom. It all starts with self-awareness and understanding one's emotional aspects. With this, students will develop empathy and acknowledge others' feelings once they understand their own. To improve these skills, schools must realize the importance of incorporating social and emotional skills into the curriculum.

The goal of all educational institutions is to prepare students for their future, such as becoming globally productive citizens in the field of work. As a result, students must begin developing the skills required for relationship-building and resolving problems at a young age. This begins with educating learners about emotions; how they manage their actions; and how they can self-regulate to perform productively. When students understand their own emotions, they can apply that knowledge when dealing with others.

Empathy is the capacity to be aware of others' emotions. Students must be taught to empathize since it is the nature of any man to be self-centered. Understanding the three types of empathy is a great help to teachers in molding students' feelings of concern and acceptance.

- Affective empathy: It enables people to understand emotions through those of others. Showing emotional grief when another person experiences a tragic situation in life, such as the death of a loved one, is considered an example.
- Behavioral empathy: Responding with nonverbal and verbal actions that display empathy for the ideas and emotions of others. One example is joyful cheering when someone completes a challenging task.
- Cognitive empathy: Allows people to comprehend the thoughts and feelings of others. An example is understanding that a friend is in pain because he or she failed an exam.

Once students have developed empathy, they can learn how to express kindness in building relationships with their peers and adults. Kindness is defined as performing good deeds to make someone happy or assist them without expecting anything in return. Students will quickly realize that acts of kindness and empathy will assist them in working cooperatively and making sensible decisions, which will lead to constructive problem-solving. Students must be able to recognize their own emotions and learn what causes them before they can relate to others.

As students begin to master emotional language, the teacher can demonstrate empathy by recognizing and showing empathetic gestures. Thinking aloud, a teacher could demonstrate a simple act of kindness by offering assistance or sharing something with others. Students will soon be using these techniques with their peers to form friendships and improve relationships.

Learners in elementary and high school gain an understanding of their own emotions and triggers. Thus, social-emotional learning norms can be taught in a classroom setting that emphasizes kindness. Students are more likely to engage in similar ways when they observe respect, empathy, and kindness modeled. However, modeling social and emotional skills is not enough; these must be proactively and continuously taught. This can be accomplished through group work, in which students are mentored and guided as they work collaboratively with others.

Learning tasks that encourage students to actively listen to and respond to their peers can help them develop their SEL skills. It is also critical that students have the opportunity to communicate how their feelings influence others. Engagement in feelings surveys may be a helpful instrument for eliciting discussion about the consequences of one's actions. Understanding how one person impacts the feelings of another is an essential leadership skill. It will also improve students' ability to communicate effectively. Social-Emotional Learning prepares students to function in a high-stress, high-demand society. Teachers can help students understand the link between better behaviors and success throughout their educational years. Students will gain empathy and the capacity to demonstrate kindness, allowing them to thrive more in school and their high-demand careers in the near future.

References:

Hance, Misty (March 25, 2020). Teaching Kindness & Empathy through Social-Emotional Learning. Retrieved from <https://www.teachhub.com/teaching-strategies/2020/03/teaching-kindness-empathy-through-social-emotional-learning/>