

CLASSROOM ACTIVITIES TO FOSTER SOCIAL EMOTIONAL LEARNING

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Most teachers agree that students' social and emotional health play a significant role in their academic development. Many students might not be able to completely engage with the academic material, it can even be claimed, if their emotional requirements are not met. Therefore, it would be advantageous for all classroom teachers to understand how to employ strategies that promote social and emotional development.

The whole health and development of a learner is the emphasis of social-emotional learning. It involves, but is not limited to, activities like goal setting, developing and sustaining solid peer connections, recognizing and understanding our emotions, and learning coping mechanisms. More than just curricular teaching falls within our responsibility as educators. We are also accountable for giving our students the resources they require to thrive as members of the global community. Social and emotional well-being is a major factor in this.

These exercises may be modified to assist teach fundamental social and emotional skills to kids of any grade level.

Exercises in Self-Awareness . Teachers can engage children in a variety of exercises to assist them in recognizing their emotions. Putting a "how am I feeling" chart on each student's desk is one exercise. Students will state how they are feeling as they enter the classroom. The chart may be created using emoji, images, or phrases denoting various moods. You may then invite the pupils to discuss their choice of feeling at your morning meeting or daily conferences. Students will eventually become familiar to describing their

feelings and, ideally, start to understand the circumstances that led to them feeling that way. Art activities is another example. Students of all ages may release tension and express their feelings in a healthy, constructive way via the medium of art.

Practical Exercises- There are several activities going on in your classroom. Maintain order using a chart that inspires children to take charge and age-appropriate classroom assignments like: Switching on and off the classroom's lights , planting water, wiping the chalkboard clean, organizing some stuff in the classroom, Attendance checking, these activities help children to become more responsible for themselves in many ways. As a teacher it is very important to teach a student a sense of responsibility.

Mindfulness exercises- If you feel that students are getting stressed because of loaded lessons. Try some of the exercises in your classroom for a moment. Do the activity by means of taking a break. Inhale and exhale. Sit up straight and bring your shoulders down. Then ask, "Don't you feel better now?". Students of all ages can benefit from taking mindfulness breaks to learn how to recognize and control their emotions whether they're terrified, unhappy, or worried.

Promoting positive self-talk. As a teacher, you have a significant chance to empower pupils and shape the way they view themselves. Throughout the day, gently educate children when you hear them talking negatively to themselves. Take this chance to provide constructive suggestions: " I can do it!", or " I can do better!", "I'm going to work hard!". Use it as a chance to practice positive self-talk, then try again.

It takes time to develop a social emotional learning effort in school. While developing maturity, responsibility, and self-control in addition to working toward a healthy mental health viewpoint, students can succeed at a high level. Every student may benefit from social emotional learning by having a better school experience overall.

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