

## POSITIVE DISCIPLINE IN THE NEW NORMAL

by:

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One of the sayings says that patience is a virtue. In teaching, we can say that patience really matters, especially in this situation where learners came from home-based learning. We really don't know if they really studied at home during the modular distance learning. That's why when we got a chance to have face-to-face learning, not only the learners adjusted themselves but also the teachers. Teachers really did the best that they could for the learners and brought them up to learn and master the skills that they should learn while they are on home-based learning.

In school, most of the learners seem to forget the basic skills, especially in mathematics, and their reading is also struggling. What can we do as teachers and advisers to bring them back to basics? It was really frustrating at first, but unlike the old school where teachers could do whatever form of punishment they wanted, here in what we call "the new normal", even though it is really devastating, you should focus on positive ways of disciplining and positive re-enforcement in teaching.

Learners should feel that they are loved and respected too. Treating and talking to them like adults to whom you give your respect meant a lot to them. Being a one-word man brings a lot of encouragement for them to follow your instructions. High pitch is unpleasant to their ears. If you keep nagging and shouting at them, they will not respect you. Small talks, little hand gestures, simple movements, and fewer reactions in difficult situations may help in achieving proper discipline.

Learners' are observant, not only of what we are teaching them, but even of how we as people act. Learn to speak softly, and they will lower their voice so that they can hear

you. The more we react to situations, the more we lose our energy. The less energy we have, the less we can function and the less we can be effective.

Teaching is really the hardest profession; you are going to inspire not only one but more than thirty-five students each day. What's most important is that you keep going and try not to be absent so that they can have the perspective that going to school every day really matters, and that's already a lesson that we shared with them about the importance of education.

Trying to be composed, whatever the situation may be, can be your greatest advantage. Go to school prepared and inspired, and you will not be worried. Loving our chosen profession means loving ourselves; first and foremost, it is our bread and butter. If you keep on loving it, it means you love yourself, and you will learn to love children always. Keeping you inspired in the profession and targeting a goal for the learners is the greatest gift that will fuel you to keep going, always leading to positive discipleship in your class.

#### *References:*

<https://www.positivediscipline.com>

[www.healthychildren.org](http://www.healthychildren.org)