

## IMPACT OF SOCIAL AND EMOTIONAL LEARNING (SEL) ON CHILD'S WELL-BEING

*by:*

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In school, the child's well-being is the foremost priority of the educators nowadays. It is very essential that the child is not only provided with knowledge and skills, but we need to ensure his/her well-being through social and emotional learning.

Social and Emotional Learning, otherwise known as SEL has distinctive benefits to the learners in school. It is the development of self-awareness, self-management, social awareness, positive behaviors, relationship skill, and making responsible decisions inside as well as outside of the classroom.

The teacher has the potential to lead the child to self-awareness. This is to teach him or her in knowing oneself. It is important that the child knows his or her strengths and weaknesses so that he or she may be able to accept his or her characteristics as a human being. This is having the acceptance of your attributes as well as the things that need improvement.

Social and emotional learning leads to self-management. It is vital for a child to learn how to manage oneself. This is to practice the proper management of oneself in dealing with one's emotions and with the factors that affect one's feeling. The teacher has the power to motivate the children on how not to be overpowered by what they feel within them instead they need to manage the emotions well.

The child must acquire social awareness through social and emotional learning. This is to teach him or her to be aware of the people around. This is to appreciate the value of peers and the importance of socialization. Through learning social awareness, a child may be more open to the world where he or she lives.

Positive behaviors should be acquired for one's well-being. Whenever a child executes a positive action, this may manifest a good well-being. It is a good practice that the learner is exposed on positive behaviors because this would shape him or her to be a good person with a great well-being.

The relationship skill is also developed through social and emotional learning. Though this, the child learns how to mingle well with other people most especially with peers in school. Relationship skills is acquired and imbibed once the child is socially and emotional developed.

The child may be taught of making responsible decisions whenever the teacher instilled social and emotional learning within his personality. The child becomes responsible with his or her actions and in making decisions.

Indeed, social and emotional learning assists the learners to better cope with emotional stress, to resolve problems, to avoid peer pressure to engage in harmful activities, to develop positive outlook in life, and to be resilient in facing school challenges. Thus, the learner's well-being is being cared for academic progress and for future life success.

Truly, Social and Emotional Learning (SEL) has a huge impact on a child's well-being.

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