

## A POCKETFUL OF SUNSHINE: POSITIVE DISCIPLINE IN TEACHING

*by:*

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When your pupils come to school and enter your classroom, what do they feel? Are they excited or embarrassed? Are they happy or anxious?

In the present education, the target focus of education is to create a stress-free and children-friendly inside the school. There is also an existing law that aims to ultimately protect the rights of the children. Child Protection Program is strictly implemented in DepEd and in the entire country. Bullying also in any form is being discouraged and anyone caught committing this will be penalized.

With the existing policies, we, teachers, think of ways to train, develop and mold our young ones to be responsible, yet in a very wholesome and holistic approaches. Gone are the days the corporal punishments were allowed inside the classroom. It was found out on researches that these kinds of punishments instill fear and anxiety among learners.

In the present generation, learners are more liberated and protected. It will be quite challenging to inculcate discipline. We, however, have some ways to develop positive attitude to our learners instead of using punishments. First, let us start with kind words. Our learners, in some cases, experience hostility at home. It may be saddening but they hear harsh words inside their homes. This greatly affects their behavior and personality inside the school. There are instances wherein an arrogant and unruly pupil is actually the one who needs tender care, love and attention. Since they feel less loved at home, they have the tendency to misbehave. We, teachers, as their second parents, is advised to have a bigger heart for these young learners.

Utilizing positive discipline inside the room helps them to be less anxious inside the class. It also eases the tension in themselves. Hearing praises and positive words is a breath of fresh for them, compared to their toxic environment. Also, if we can talk to them in a calm and careful manner, we are respecting their feelings. It is stark contrast to the hostility that some of them encounter at home. It is also high likely that they will listen to us more since they know that we understand them. It brings positive effects to them rather than harshly criticize them.

Let us encourage positive discipline. It can seem like a pocketful of sunshine for learners if we create a positive environment in school.

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