

WHY DOES SOCIAL AND EMOTIONAL LEARNING FOR ELEMENTARY LEARNERS MATTER?

by:

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Social and Emotional Learning is not a separate entity in the education setting but an integral part of shaping well-rounded individuals. As elementary teachers strive to provide a well-rounded education, there is a growing recognition that academic success is totally linked with social and emotional well-being.

As we prioritize the academic growth of elementary learners, it is important to recognize that their emotional and social development is equally noteworthy. By nurturing hearts and minds through SEL, we not only prepare learners for academic success but also empower them with the tools needed to navigate the intricacies of life with resilience, empathy, and a positive viewpoint. In doing so, we lay the foundation for a future generation that is not only academically proficient but also emotionally intelligent and socially proficient.

Social and Emotional Learning (SEL) has emerged as a vital component in elementary education, fostering the development of essential life skills that extend far beyond the classroom. It is essential for managing emotions. Children will learn to deal with any troubles that may arise in their lives and help them make tremendous and wise choices.

For elementary learners, this involves identifying and expressing their feelings, a foundational skill that lays the establishment for healthy emotional development. During the pandemic, children lost their ability to socialize and interact with others. These problems showcased an urgent need for social-emotional learning to help encourage

positive mental health for children whose daily lives have been interrupted by the COVID-19 pandemic.

Most learners are still experiencing stressors related to pandemic due to loss of learning, and socialization. But through SEL, children empower again to develop a strong sense of self-awareness. By means of activities and discussions, elementary learners explore their strengths, weaknesses, and personal values, fostering a positive self-concept. Learners explore the consequences of their actions, learn problem-solving skills, and understand the impact of their decisions on themselves and others.

Hopefully, through the collaborative efforts and involvement of teachers and all school stakeholders, elementary learners will learn to take turns, listen to others, ask questions, and understand how to relate to others.

References:

<https://www.graduateprogram.org/2022/07/importance-of-social-emotional-learning-post-covid/>

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