

CAREFUL PRACTICES FOR PUPIL'S WELL-BEING

by:

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In this time of digital era, it is not only the learning of the child that the school must ensure but also the well-being of every student.

Having a time and lesson for reflection. This to have a contemplation of the learners' thoughts and feelings. This is to check the condition of every child in terms of thinking and emotion. Checking how well they are for the day is a careful practice.

Projecting yourself as a listener is helpful. Make it very clear to the child that you are willing to listen to him or her. It is in this way that you establish trust with the learner. Young people need a person in authority whom they could open their thoughts and feelings within order to attain their well-being.

Take ample time for each child to entertain questions. There are times when the child is confused, and he or she needs some clarifications of certain matters. If they see that a teacher for example is spending time with him or her, then his well-being will be fine.

Let the child join organizations or clubs. Having the sense of belongingness is contributory to one's well-being. In this way that they will feel their worth or importance. A child loves to be a part of a group, and this helps him or her to attain an ideal well-being.

The teacher must normalize with the children on the discussion of mental health. This should be incorporated in different learning areas and in various subject matters. This would create a good impact in them.

Promoting positivism is very advisable. The teacher should inculcate the power of positive vibes among learners. This is to promote positiveness in all areas of life. The child must also be developed with positive attitude that would contribute to his or her well-being.

These careful practices must be practiced carefully by a teacher to support the child's well-being not only in school but also in the entire community.

References:

So, how can you help ensure student wellbeing? <https://blog.isams.com/5-ways-to-promote-student-wellbeing-in-your-school>

5 Practical Ways to Promote Wellbeing and Good Mental Health in your Classroom. <https://www.protocol-education.com/blog/2021/05/5-practical-ways-to-promote-wellbeing-and-good-mental-health-in-your-classroom?source=google.com>