

BUILDING RESILIENT CLASSROOMS: MENTAL HEALTH FOR LEARNERS

by:

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Teacher plays a vital role in supporting learners' mental health especially in today's changing educational environment. Teacher serves as a mentor and the role models as well as frontliners who help to create a safe and friendly environment to our learners. Where in the learners developed academically, socially and emotionally. The role of a teacher is to create a safe and supportive classroom environment where in learners feel that they belong and feel accepted and valued. As a teacher, they can promote a well being by sharing respect and promoting fairness and encouraging open communication as well as listening actively using kind words and motherly approached and acknowledging efforts that can boost their confidence and sense of belongingness. Providing emotional support to learners can integrate socio emotional learning activities to reduce stress that the learners encounter. Collaborating with parents and school personnel should work closely with the teachers and school administration to ensure that learners received support to strengthen mental health. The role of a teacher in supporting the learner's mental health is essential in holistic education of a child. Teachers are the instrument of promoting emotional well being to become confident and ready to face all the challenges that the learners going through becoming a healthy learner and achieving academic success.

References:

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