

Socio emotional Learning (SEL)



Dr. K. Mayuri

Professor of Human Development and
Family Studies (Retd),
College of Community Science
PJTSAU, Hyderabad

Definition for training in SEL



Social emotional learning (SEL) is a methodology that helps students of all ages to better comprehend their emotions, to feel those emotions fully, and demonstrate empathy for others . These learned behaviours are then used to help students

- make positive, responsible decisions;
- create frameworks to achieve their goals,
- motivate themselves and
- build positive relationships with others

It is important that we add SEL for teachers and school administrators too, since they determine how children become adept at socio emotional skills

SEL for teachers



SEL is not only important for children, it is equally necessary for the teachers who guide them. After all, children model their behaviour and attitudes on adults they encounter in their lives.

After parents and other close family members, school teachers are very critical role models for children after the parents.

IQ Vs EQ



- Intelligence includes functions like logical reasoning, problem-solving skills, pattern recognition, and verbal concepts, which are measured by IQ tests
- Emotional intelligence is the ability to understand, use, and positively control emotions to help communicate better, coordinate well with others, overcome challenges and defuse conflicts and motivate self.
- It has been assessed that IQ accounts only for 20% of life success and the other 80 % come from EQ related competencies



- Since Emotional Intelligence functions wholly in social environments, socio-emotional development has become crucial for life success.
- Human beings require both IQ as well as EQ functioning well in social environments

*Therefore **Socio- emotional learning** becomes important cornerstone of academic learning*

Five Social Emotional Learning Competencies

- Self-awareness
- Self-management
- Responsible decision making
- Social awareness
- Relationship skills



Self-Awareness



- Self awareness is the ability to consider and understand own emotions, thoughts, values, and experiences, and how these can influence actions.
- Self-awareness helps effectively identify individual strengths and weaknesses in a range of areas, and improve decision making and self management (two other core competencies).

Self-Management



- Self management focuses on an individual's ability to **regulate and control emotions, thoughts and behaviours**. Eg: stress management, organizational skills, ability to set goals, impulse control, and self-discipline, motivating self and perseverance at tasks
- **Responsible decision making improves self-management and can help** enhance academic performance, **ability to set and work towards goals, and ability to control emotionally driven behaviour**.

Responsible Decision Making



- Responsible Decision making requires to make **positive and constructive choices** based on personal and academic goals, ethical standards, safety concerns and social norms.
- It requires to consider the **consequences of different potential actions**, understand strengths and limitations, and to know **when to ask for more help**.

Social Awareness



- Social awareness competency is like one's ability to **empathize** with others, ability to **take the perspective** of those in different situations, awareness of other diverse individuals and groups, and ability to treating others fairly
- With regards to **equity and diversity**, greater social awareness helps to empathize with other individuals, with characteristics **like gender, race, religion, age, culture, class and financial circumstances**, and will ensure that ability to make decisions in social settings like school takes diversity into account.

Relationship Skills



- The relationship skills competency concerns ability to make **positive connections** with others, in order to establish and maintain **healthy, mutually rewarding relationships**.
- **This also includes skills like** listening well, communicating effectively, understanding appropriate and inappropriate social behaviours.
- In personal situations with family and friends, **relationship skills are important at school with peers and teachers**, and in professional areas with colleagues and bosses, which helps create a positive school and work environment.

Self Awareness



- Children who are self-aware understand their abilities, interests, and needs.
- Self-awareness is a skill that can be learned over time.
- It's good for children in school to start understanding their strengths and weaknesses.

How to help children



Acknowledge the challenges:

Children may not yet fully understand their learning and thinking differences. But it is important for the child to begin to acknowledge personal strengths and weaknesses

(Eg: I am good at oral skills but poor in writing)

- Work together on coming up with learning strategies to build on strengths.
- Help identify and celebrate personal strengths
- Let child try new things; extracurricular activities as an avenue through which to help children try new things

How to help



Show-and-Tell

- **Favorite movies**, books, comics, and TV shows
- A **favorite gift** they received for their birthday or festival
- Their pet or **favorite animal**
- Their **favorite stuffed animal** or toy
- Country flags, food, or **culture** (especially if you have students from different ethnicities and cultures)

Children can bring these/ their pictures to class and talk about them to the group

Journaling



- Is fun and simple and such an effective way to teach children about **who they are**. It helps them **process their feelings**, become aware of thoughts and feelings, and **communicate their ideas**.
- Teenagers can **write independently**. For the younger ones, journaling can encompass using **crayons**, pencils, **emojis**, stickers, art, and **cut-outs** to express their strengths, weaknesses, feelings, and more

Compile a Hopes and Dreams List



- What **job** do you see yourself having one day?
- What places would you like to **see**? What would you like to see there and experience?
- Imagine you are grown up, what would you like to be doing?
- What do you want to **study at college**?
- Can you tell what you would be good at, when you are a grown up?

(Verbal or written responses to such questions help discuss them further)

Try Something New



- Expands understanding of self. what we have a talent for or passion for, and they even teach about perseveration and grit.
- Examples could be cooking, gardening, outdoor play activities not done till then, dancing, singing, writing a story, drawing and painting by watching nature, embroidery, making a garment and many others.

Practice Gratitude



How is gratitude related to self-awareness? Well, we often (and easily) focus on what we don't have, but when we become **aware of what we do have** and are grateful for those things, we become self-aware.

- Teaching them to say **“thank you”** and mean it
- Performing **acts of** kindness towards others, animals, plants
- Creating a **gratitude ritual** for every morning during prayer



Practice Positive Affirmations : Seeing themselves in a positive light and speaking kindly to themselves helps **combat automatic negative thoughts**, boost self-esteem and manage their emotions.

Read about Self-Awareness : For young children, story sessions can be used. Get them to read a story, discuss actions there, ask about how they would feel, react to the events in the story, ask them to explain their feelings and reactions etc

Make a Vision Board



The collage the child makes can include **pictures**, drawings, words, quotes, and anything else that fits in with the theme and symbolizes their aspirations, goals, and dreams.

Some ideas :

- What are your **favourite things**?
- What makes you **happy**?
- What are your biggest **dreams and goals**?
- What is your **dream job**?
- What do you **value most** in this world?

Role Playing



- **Role playing** offers many benefits, from teaching about themselves and others to **processing new information**, gaining a better understanding of the role play scenario, and fostering **higher-order thinking skills** like comparison, prediction, and analysis. And it is a whole body experience
- Key aspects of role playing are to **keep it real** and clear and ensure all children have a “job” – whether they have a **role to play** or are **observers** in the audience



Practice Mindfulness

Mindfulness activities for children

- Practicing **yoga**
- Doing mindful or **intentional breathing** exercises
- Doing **body scans**
- Doing **mindfulness meditation**
- Creating **mandalas**

What is a mandala?



- "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable center point, from which emanates an array of symbols, shapes and forms.
- Mandalas can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is creating it.
- In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

Example of a Mandala



Self awareness for adults



- As much as we would like our children to become self aware, we need adults who are adept at self awareness to be interacting, training and teaching and guiding them.
- Here are some activities/ exercises to work on

How to become self aware



- *A thought diary* is a foundational place to begin increasing self-awareness. Keep track of thoughts that pop up in the form of an automatic reaction.
- *mindfulness practice* is another way to increase self-awareness. Meditation, yoga are examples.
- When mindfulness is practiced, behaviour becomes more intentional, and increased self-awareness develops.



- *Asking a friend* to clarify your strengths and weaknesses can be a significant pathway to self-awareness.
- *Ask your subordinates to rate your leadership skills.* When people are at the top, they tend to overestimate their abilities because they don't have as many opportunities to build external awareness
- Introspect as often as you can; it is 'Observation of one's own mental /emotional processes, examination of and attention to your own ideas, thoughts, and feelings

How to introspect



- Talking about the outcome of your introspection to close persons in your life, your parents, siblings, children, and friends. When you tell them what you found about yourself while introspecting, their forthright responses are a great help in modifying your behaviour, attitudes and perspectives
- Be aware of how much introspection is needed. There is a danger of too much introspection too. It is called brooding or rumination.

References

- <https://www.happierhuman.com/self-awareness-activities-kids/>
- <https://positivepsychology.com/building-self-awareness-activities/>



Discussion on other SEL concepts coming...

Thank you for your kind attention