

Social Emotional Learning (SEL)

Why Schools Should Embrace It

for the well-being of learners & the society





SOCIAL EMOTIONAL LEARNING (SEL)

Social and Emotional Learning (SEL) is the process through which students understand and manage their emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. It empowers them with Life Skills which include:

1

**SELF
AWARENESS**

2

**SOCIAL
AWARENESS**

3

**RELATIONSHIP
SKILLS**

4

**RESPONSIBLE
DECISION MAKING**



GOAL

The goal of this document is to highlight the pivotal role of SEL in creating a **supportive environment** where students feel accepted, connected, safe and motivated to work smartly which will ultimately contribute to the progress of the society.



BENEFITS

Integration of SEL in schools will result in learners' **psychosocial wellbeing** and enable **positive character development**. It will develop social and emotional skills which will help them to make friends & collaborate with others and help them to deal with stress. In addition, SEL will reduce students' unwanted behaviour, resolve interpersonal conflicts and build **healthy peer relationships**. It will enhance their learning experience which in turn will improve their grades and test scores.

- Improves Emotional Intelligence
- Enhances Academic Performance
- Encourages Prosocial Behaviour
- Promotes Responsible Decision-Making
- Enables Holistic Development
- Instills Empathy





HOW TO INCORPORATE **SEL** SOCIAL EMOTIONAL LEARNING IN THE CLASSROOM



IMPLEMENTATION OF SOCIAL EMOTIONAL LEARNING (SEL)

According to research, the best way to deliver SEL in schools is through **Project-Based Pedagogy**. This popular pedagogy is a learner-centred education wherein students work on projects. It creates a dynamic classroom environment; students acquire in-depth knowledge/skills by exploring, designing responsible solutions/**prototypes** with the help of **technology tools** to tackle **real-world problems**.

Educators can inculcate social and emotional skills in Gen Z learners by encouraging them to work on projects that will enhance their **Emotional Quotient (EQ)** and empower them to tap into their **creative potential** to build **futuristic societies**.

Here are some of the Project Ideas that can be of help to the Educators in successfully implementing SEL in their classrooms.



IDEA #1 : DESIGN A REUSABLE PACKAGING

Let students create Reusable Packaging for Earphones. This will give them the opportunity to research, analyse biodegradable & non-biodegradable packaging. They will develop **Observation Skills** by observing different types of packaging, Analytical Skills by analysing the designs and **Empathy/Sensitivity towards the Environment** while thinking about the harmful effects of non-biodegradable materials like plastic on the environment.



They can form a group of 3 and assign a role to each member – designer, manufacturer and a consumer. They can experiment with new designs either by sketching them on a paper or by creating 3D models in a software. They will develop Logical Thinking & Decision-Making Skills by using different strategies to decide on the material to be used for the packaging.



They will come up with various alternatives; maybe a Paper or a Cardboard which are examples of biodegradable materials that don't harm the environment. Finally, they can present their packaging design to their classmates for feedback wherein they can learn how to Visually Communicate and Articulate their feelings and ideas.



IDEA #2 : CREATE AN INNOVATIVE SOLUTION TO A PROBLEM FACED BY A FAMILY

To make the project interesting and fun, ask the students to create, say a Pencil Box Family. Firstly, let the students **research**, learn about different types of families (big & small). It can be a human family or any other **species on our planet**. It will help them discover meaning of relationships and the beautiful bond of love that keeps a family together. While understanding how families share joys and sorrows with each other, they will develop Empathy and a **Caring Attitude**.





IN THE CLASSROOM



Then, let them sketch Mr. Pencil's Family, a family that is thinking of ways to escape the floods that have occurred in their region. They will either build a prototype inspired from an existing thing (ship/canoe/sailboat) or create a fusion of different things, which we've never thought/tried before.

Let's assume, if they design a prototype using each member of Mr. Pencil's Family to form the shape of a sailboat. The students will learn how they can harness their strengths and work together to overcome challenges in life. By the end of the project, they will develop Visual Communication, Collaboration, Problem-Solving and Social & Emotional Skills.



IDEA #3 : DESIGN A HABITAT WITH STATE-OF-THE-ART AMENITIES

To inculcate Empathy & improve students' **Imaginative Thinking & Design Skills**, ask them to create a Habitat for the Aged.

They will observe, research and develop understanding of the needs of the senior citizens which will help them design a comfortable habitat for them. They can choose to either sketch it on a paper or create a 3D model in a software.



Some of the possible amenities/decor of the fully furnished habitat created by the students can be a Centre Table with Automatic Tablet Dispenser, Pre Heated Sofas with Memory Foam, Water Bed with Sensors that dim the lights on sleeping, Automatic Temperature Control with Centralized Floor Heating, AI Voice Control Box With Talk Back Settings, Automatic Food Making Machine which serves food directly to the dining table, Reclining Sofa, Solar Panels for Electricity, and a Smart TV cum Home Theatre with Surround Sound System & a Video Calling Option.

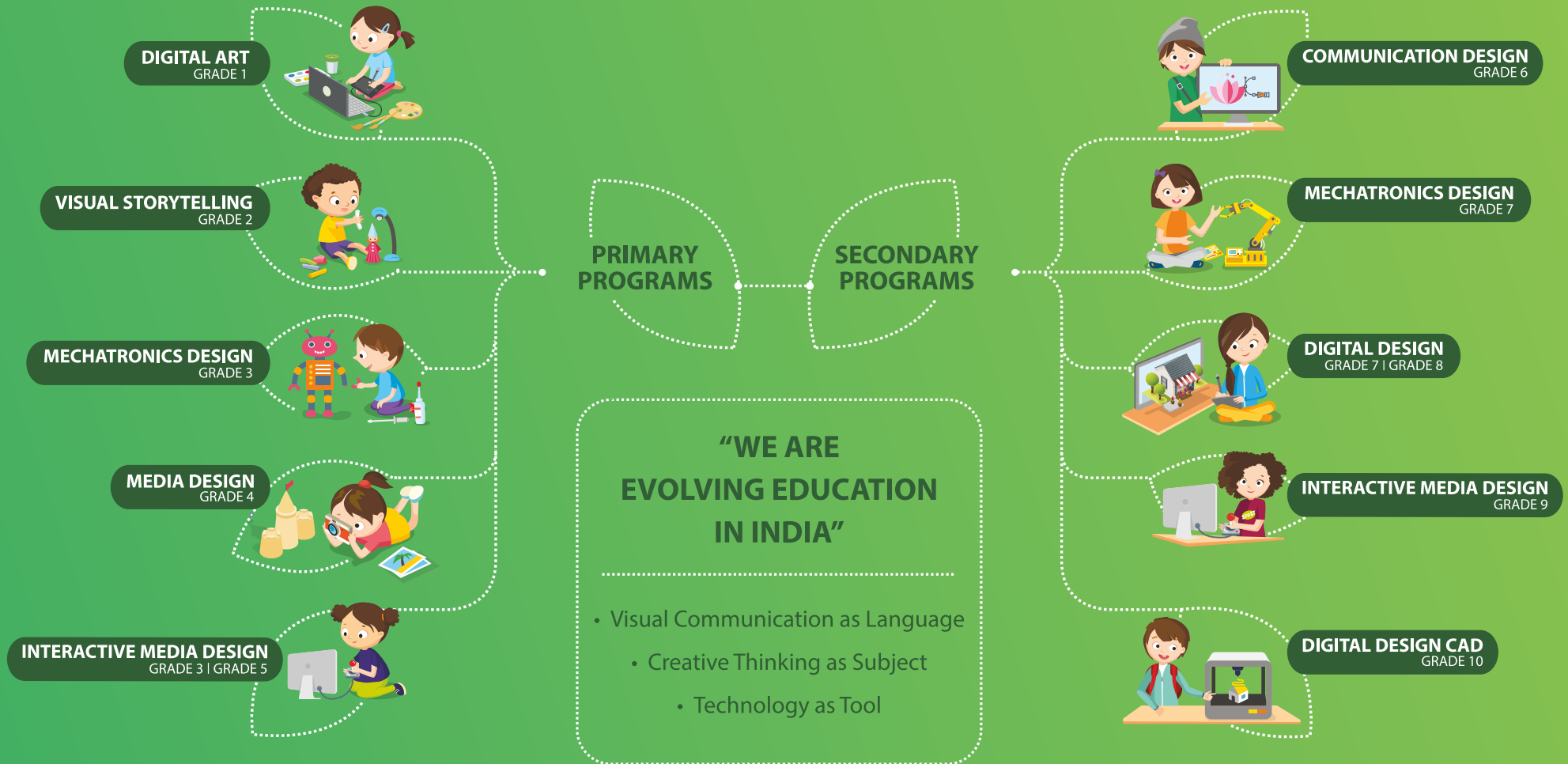


CONCLUSION



SEL deserves a prominent place in the Education Ecosystem. Equipped with life skills, the learners will be empowered to adapt to the challenges of an ever-changing world. It will instill qualities that are essential to develop them into **Smart Students, Global Citizens, Excellent Workers and Compassionate Human-Beings**. It will enable them to lead a Balanced, Connected and Happy Life.

MindBox is an initiative in the Creative Education Field with an aim to develop and expand the Creative and Life Skills of students by conducting diverse STREAM based programs in Schools.



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