



KNOWLEDGE AND AWARENESS MAPPING PLATFORM



P R E S E N T S



SOCIAL & EMOTIONAL LEARNING

"A Lever for a positive sense of individual and collective well - being"

For Class 5th -8th Students

12th MAY 2022
04:00 PM IST

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KNOWLEDGE SESSION 2022: EPISODE 2

ORGANISED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

A KNOWLEDGE ALLIANCE OF



Date: 12th May 2022

Organized For: Class 5th – 12th

Topic: Social & Emotional Learning

Category: Scientific and Life Skills

No. of Participants: 300+ students from different schools across India

Speaker/Presenter: Ms. Prerna Dua (Behavioral Psychologist, Certified Life Skills Trainer Founder of Heal and Rise, a wellness company)

Overview:

On May 12th, 2022, KAMP organized a special workshop on "Social & Emotional Learning" by Ms. Prerna Dua. She is a behavioral psychologist, a certified trainer, and a life coach. She is also the founder of Heal and Rise, a wellness company.

Ms. Prerna has provided corporate training in both the private and public sectors over the years. She has clients of all ages with diverse professions from all over India as well as from Australia.

We were delighted to have Ms. Prerna with us for this wonderful session. She engaged the students and formed a strong bond with them, teaching them about social-emotional learning, emotional quotient (EQ), the different types of emotions we experience, how to control our emotions, and how to effectively communicate or express our emotions to others.



To begin with, she started explaining to them what social emotional learning is by helping them understand

the social aspect first. We all have a social circle in which we have to be socially active. We simply cannot exist without interacting with one another, whether in school, our neighborhoods, or even our extended families. Even at home, if we fight with our siblings, our parents teach us not to fight and to be good to each other. Likewise, the teachers in our schools also share the same message: "Be good to others, learn to socialize." Thus, we all require belonging within ourselves. We've all heard of the Intelligence Quotient (IQ), which measures intelligence. Likewise, we have an emotional quotient (EQ)

that measures our intelligence level in how good we are with our emotions. To succeed in life, EQ is given equal value, if not more, than IQ. So, along with a sharp mind, we need to be able to deal with our emotions effectively.



When we learn these two, it is called social-emotional learning. It is important to understand that when we go to school, teachers teach us a lot of things, and we start gaining knowledge within those specific subjects. But when we learn social-emotional learning, our overall grooming takes place.

In life, it is very important to communicate with others and express our emotions in a very acceptable manner. For example, it will not be accepted if we are feeling bad and show signs of aggression or tantrums in our surroundings. So, we need to regulate our emotions.

To control our emotions, a lot of things are required. Initially, we have to understand what emotions we are feeling. There are different types of emotions, such as happiness, sadness, anger, pride, guilt, excitement, fear, surprise, disgust, etc. Only after understanding our emotions can we have a sense of control over them.



Let's say you have been waiting for the result of an exam that you thought you prepared hard for and thought you would score well. But unfortunately, it seems that you didn't do that well. How would you feel? Pretty bad, right? So, now in this situation, you can either be all sad and irritated about it and do nothing, as if it is not meant for you, or you can work even harder, fight back, bounce back, and be prepared for the next time. In the first situation, you let your emotions take control of you, while in the second, you take control of your emotions and decide what is important to you.

One such study on leadership by Harvard Business Research shows that if children are trained at an early age, better results are obtained as compared to training them in leadership roles at a later stage. It is very important to learn these skills at an early age. So, to be successful, we need to listen to our leaders or those people who are more experienced than us so we can learn from them. It can be your parents, teachers, neighbors, relatives, or even friends.

Imagine your parents scolding you in front of someone else. You may feel bad and maybe not talk to them

for a while. Would that be the right thing to do? No. So, what you can do is understand that your parents are also human beings. Nobody is perfect, and they can make mistakes. Thus, we should forgive them for what happened. Or, better yet, go talk to them and tell them how you felt, how you realized your mistake, and how sorry you are. You will not repeat the same thing. At the same time, don't forget that you are not perfect either. You should also work on yourself and improve upon it. Forgive them for their anger, but improve on the things that they rightly said.



You can start social-emotional learning by understanding and doing these easy and little things. It will eventually become automatic, allowing you to accomplish greater things in the future.

Questions and answers during the session

Q. How can I communicate my feelings to my parents?

First of all, if you have to communicate something serious with them, choose the right time. If your parents are busy with some work, do not interrupt them. Just find the time and go to them. Tell them you need to talk to them for 5 minutes. Make sure that they also don't have any gadgets in their hand, that they are completely free, or that you have done all the things they have asked you to do recently. Sit with them, and express your feelings without anger. Tell them how you feel and, at the same point, understand what they say. It will benefit you.

Q. How to connect with parents?

Understand that there are two types of communication: verbal and non-verbal communication. The previous example I discussed with you is an example of verbal communication. You can similarly establish a connection through non-verbal communication. For verbal communication, you have to take time out and craft your words. While for nonverbal communication, you need to have good body language, facial expression, and hand movements as they also play an important role in communication.

Imagine a teacher is completing his/her task and doesn't care about anybody else. Then nobody will like to talk to them. So, try to have a good smile. This will generate positive emotions.

You can be a good listener. Go and ask your parents how their day was, or if they seem upset, you can ask them and listen to them. They will appreciate it and you can establish a stronger bond with them.

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