



PRESENTS

Exclusive Teacher Training Session
on

TEACHING EMOTIONAL REGULATION IN THE CLASSROOM EMPOWERING YOUNG MINDS

By: Ms Kanishka

Counsellor, Directorate of Education,
GNCT of Delhi

Let's Join us !



**MAY 23RD,
04:00 PM IST**



**FOR TEACHERS INSTRUCTING FROM
GRADES 3RD TO 12TH**



+91 - 8130757123 www.kamp.org.in

KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2024: EPISODE 52

Organized By: Knowledge & Awareness Mapping Platform (KAMP)
In Knowledge Alliance with CSIR -NIScPR and M/s NCPL

Topic: Teaching Emotional Regulation in the Classroom, Empowering Young Minds

Category: Academic Development

Speakers/Presenters: Ms. Kanishka

Organized for: Teachers

Date: May, 23rd, 2024

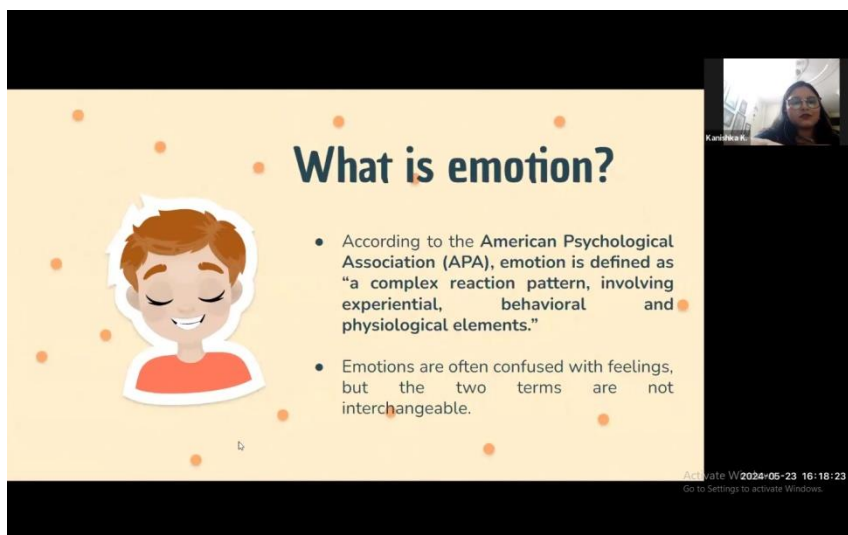
No. of Participants: 1000+ Teachers from different schools across India

Overview:

On May 23rd, 2024, KAMP organized its 52nd knowledge-sharing session, focusing on the theme "Teaching Emotional Regulation in the Classroom, Empowering Young Minds." This session attracted over 500 teachers from various schools across India, reflecting the growing interest and need for emotional regulation strategies in educational settings.



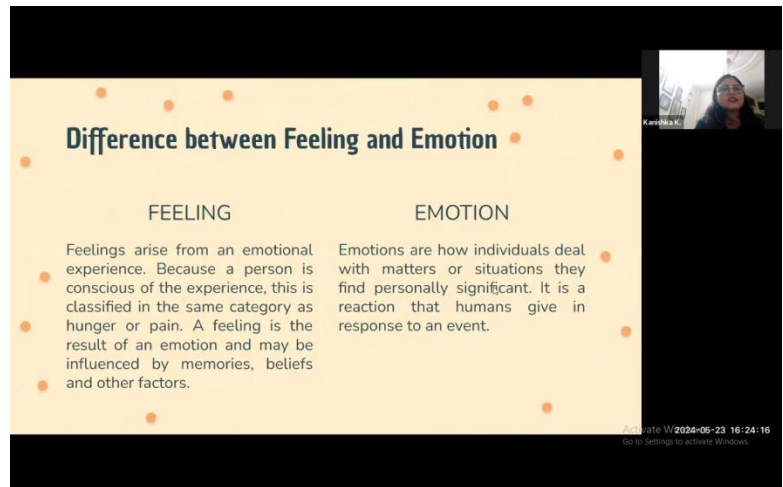
The session was conducted by Ms. Kanishka, an esteemed expert in counselling and education. Ms. Kanishka serves as a dedicated counselor at the Directorate of Education, GNCT of Delhi, and brings three years of experience in child and adolescent counselling as well as mental health counselling. Her extensive background and commitment to fostering the emotional and psychological growth of students underscore her invaluable contribution to the educational community.



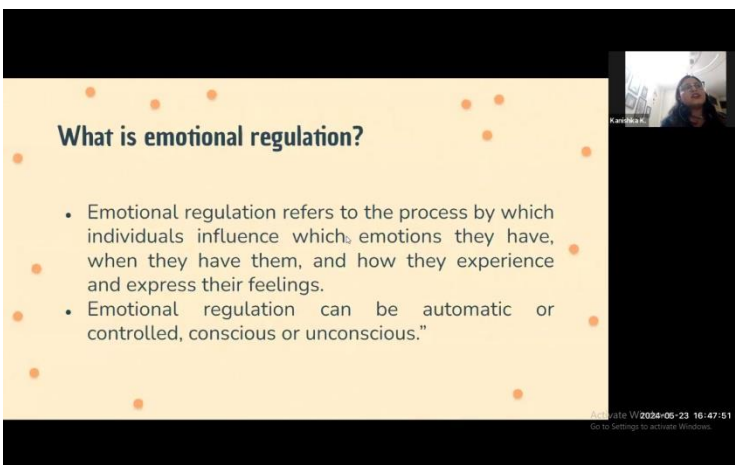
Emotional regulation is a critical skill that significantly affects a child's learning and social interactions. It encompasses the ability to understand, manage, and respond to one's emotions in a healthy and productive manner. Effective emotional regulation within the classroom can enhance students' focus, behavior, and overall well-being, thereby creating a more conducive learning environment.

Ms. Kanishka's session began with an emphasis on the critical role of emotional regulation in the classroom. She explained that understanding and managing emotions can significantly enhance students' learning experiences and social interactions. By fostering effective emotional regulation, teachers can create a supportive and productive learning environment where students are more focused, engaged, and able to interact positively with peers and teachers.

The session also delved into the understanding of emotions, starting with a comprehensive overview of what emotions are and their various types. Ms. Kanishka highlighted basic emotions such as happiness, sadness, fear, anger, and surprise, and discussed their manifestations in different situations. An interactive activity was conducted to help participants grasp how emotions are processed, allowing teachers to explore their own emotional responses and gain insights into their students' emotional experiences. Additionally, the discussion covered how children express their emotions both verbally and non-verbally, underscoring the importance of recognizing these expressions to better support children's emotional needs.



Practical strategies for managing emotions were a significant focus of the session. Ms. Kanishka shared various techniques, including mindfulness exercises, breathing techniques, and the use of emotion regulation tools like emotion charts and journals. She also outlined



specific steps and techniques for teaching emotional regulation to children, such as modeling appropriate emotional responses, teaching emotional vocabulary, and creating safe spaces for emotional expression.

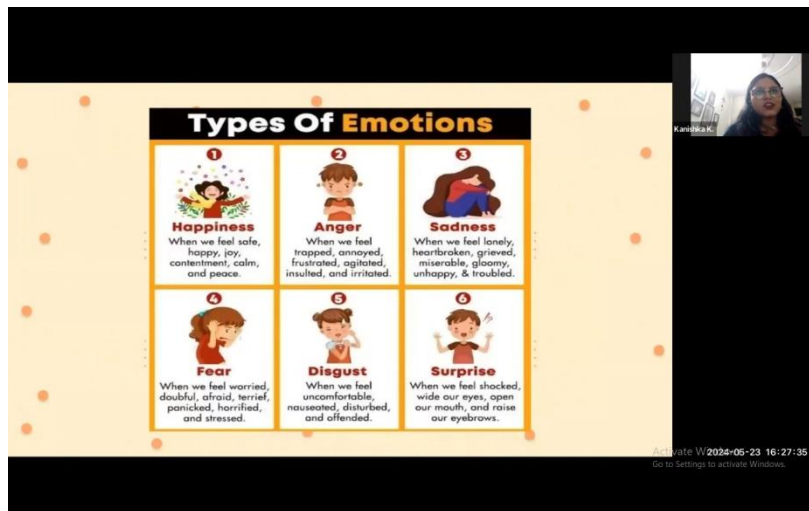
A detailed exploration of the concept of emotion was presented, covering the psychological basis of emotions. Ms. Kanishka explained that emotions are complex responses to internal and external stimuli involving physiological, cognitive, and behavioral components. The distinction between feelings and emotions was also clarified; emotions are typically intense, short-lived reactions to specific events, whereas feelings are the subjective experiences of emotions that can persist over longer periods.

The 52nd knowledge-sharing session by KAMP provided an enriching experience for the attending teachers, equipping them with valuable insights and practical strategies to foster emotional regulation in their classrooms. Ms. Kanishka's expertise and engaging presentation underscored the importance of emotional regulation in educational settings and offered actionable steps for teachers to support their students' emotional and psychological development. The session's success highlights the ongoing commitment of KAMP to enhance educational practices and empower educators in their crucial role of shaping young minds.

KAMP's fortnightly workshops aim to help students develop creativity, meaningful learning, and critical reading and thinking skills, bringing out their inherent abilities. The vision of KAMP is to identify and capture the Scientific and Technological temperament in students, contributing to making India a Global Leader in the fields of science, technology, and the humanities.

These workshops, conducted by KAMP, cover various topics falling under the categories of science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that exposure to such topics from experts within specific fields helps students become aware of real-life situations and challenges, develop a problem-solving nature, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.



Organized By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Team Credits:
Ms. Arika Mathur
(Member, KPMC)

Moderated By:
Mr. Aniket Arora
(Outreach Coordinator, KAMP)