

EMOTIONAL INVESTMENT IN CHILDREN

(For Parents & Schools to pause & think.....)

By SHAVETA NAYYAR DHAM 'Spica', Educator, Author of "Emotions In My Basket"

SEL FORECAST
A Monthly Review, April 2018



In This Issue

- Child Crimes –Emotional Imbalance
- Social & Emotional Learning– A Trend or a need
- Emotional Intelligence at the Crossroads
- The Way Forward

SEL FORECAST

Edudham

SEL FORECAST – A Monthly Review
April 2018

India with all its ancient knowledge of ‘Vedas’ and ‘Shastras’, has always focused on awareness of the “self” or ‘inside’, and now the rest of the world believes in the same. Are we ready as human beings first, and then as parents and teachers to understand this basic lesson of life?

Crimes committed by children like truancy, harassment, possession of weapons etc is being witnessed each day. This is only a reflection of the child’s emotional incapability to understand himself and the environment around him. Thus, in such a scenario, do we need to pause and rethink why our children behave in this manner that leads them to commit such heinous crimes?

Due to various reasons children get involved into criminal behaviour that has serious impact on their well being destroying their ability to think. Lack of love from parents, friends and other relations often lead to negative emotional outburst that lead them to commit crimes.

At the Mind-Life dialogue at Dharamshala, * Dalai Lama focused on the theme, “Reimagining Human Flourishing” that centred on the need of developing compassion, awareness and social and emotional learning from early childhood. He said that this would prevent depression and anxiety in our children to a larger extent.

* Dr. Kimberly Schonert-Reichl of University of British Columbia also present there said that children who have been put through social and emotional learning programs have proven better academic achievement and, kind behaviours. She said that educating the heart of the child is truly needed for overall development of the child.

As much as we deny, ‘heart’ plays a major role in our life. Dr. Schonert is right in pointing out that educating the heart will not only make the child feel optimistic but also lessen his negative emotions in life. Thus, it becomes imperative to draw a more elaborate program that defines the overall development of the child especially building his Emotional Intelligence.

RISING CRIMES BY CHILDREN

Juvenile delinquency is on the rise with many crimes being committed by children.

- Bullying
- Truancy
- Harassment
- Class disparities
- Suicides
- Rapes
- Possession of weapons
- Drug paraphernalia



SOCIAL & EMOTIONAL LEARNING

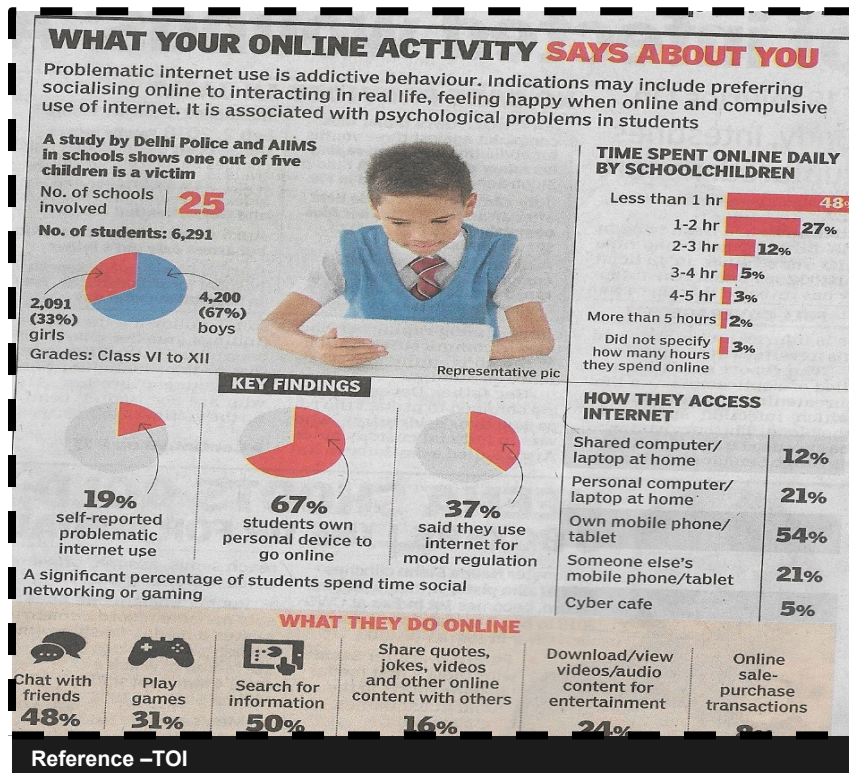


SEL-A TREND OR A NEED?

Do you really think SEL is one more tool added as a trend setter in the education industry or it is what our children really need today?

SEL or EI has gained enough recognition worldwide as the current Education system is falling short somewhere to develop and nurture children in a way they can manage their life skillfully. Essentially, EI and SEL have similar objectives. Social emotional learning supports students and educators to develop and practice *emotional intelligence* skills. It empowers children to manage their own behavior in a positive way focusing on ‘self awareness’, ‘self management’, ‘social awareness’, ‘relationship building’ and ‘decision making’. SEL programs which are not similar to ‘behavioral analysis’ programs need to be improvised in schools so that our children gain emotional intelligence and perform well both academically and socially.

* HH Dalai Lama at the 33rd Mind– Life Dialogue at Dharamshala/ * Dr. Schonert-Reichl -Dr. Kimberly Schonert-Reichl is an Applied Developmental Psychologist and a Professor in the Human Development at the University of British Columbia (UBC)



PIU (Problematic Internet User)

An interesting article in 'Times of India' focused on children spending more hours on the internet. The collaborative project of Delhi Police and AIIMS suggests the number of PIUs will rise in the coming years because the survey showed 22 % of the students spending 2-5 hours online daily. This is a serious cause of concern as it is completely destroying the social and emotional competencies of the child.

Emotional Intelligence at Crossroads

Today, we are sailing in the ocean of knowledge. We have travelled on the road that leads to super glamorous education which encompasses all - content, knowledge, technology, morals and probably the abundance of everything. We now also have the urge to travel to 'Back to basics' philosophy of education that sits more on 'value' system that can bring goodness, where 'artificial' or 'unnatural' means are not preferred that much.

Thus, it's rather unfortunate that education system in our country is divided between the old and the new school of thought. It's also lost in the world where 'change' has become the phenomenon of our lifestyles that make us move aimless.

Schools are trying to introduce many Social and Emotional learning programs that can help children grow. In my discussion with the school principals, they all said, schools need to take it in a big and better way that can measure the learning outcome. However, our present education system only allow schools to operate and experiment in certain limitations.

Parents are trying hard to be 'cool'. However, with limited time and the flaws in our education system, parents too feel lost while dealing with the emotions of their kids. Imagine, if we as adults have to manage and keep pace with this 'change', what about our children? In their routine life, kids are always under pressure to perform ---' perform at school, perform in extra-curricular activities, perform at tuitions, perform at class etc.' Along with performance obligations, children have their own personal issues with parents, friends or teachers. Thus, it is obvious for a child to go through a string of emotions like 'fear', 'anger', 'shock', 'happiness', 'sympathy', 'disgust' etc.. at some point of time. How difficult it is for the child to maintain an emotional balance in his routine life?

Daniel Goleman, in his famous book, Emotional Intelligence, has said, "If there is a remedy, I feel it must lie in how we prepare our young for life". He emphasizes often on the need to imbibe social and emotional learning in a more positive way in our lives. Recently, Daniel Goleman also said that today children spend hours and hours looking at the screen rather than people around them thus hampering and weakening their social and emotional side.

A survey conducted by Delhi Police in collaboration with AIIMS' Behavioural addiction Clinic(BAC) has revealed that 37% of the students depend on the internet to lift their mood. These kids are Problematic Internet Users(PIU), a medical term used for internet addiction causing psychological problems in children.

Schools need to act now in consensus about spreading SEL, scaling it up and implementing it. The question is how? Lets see...NEXT pg

Education System-- "3R"

REPLACE



REWORK



RELEVANCE

Today, we all are talking about the shortcomings of the present education system. There is a dire need to bring children close to real life & nature. Sadly, our present education system has burdened the child with more subjects making them revolve around unnecessary learning. They need to unlearn so many things before they start afresh.

SEL is all about bringing in self awareness that leads to developing a healthy and conscious mind. SEL will encourage your child 'to feel' and 'to act'.

Policy makers need to think about the relevance of the present education. A lot needs to be reworked and refocused. As Osho * rightly pointed out that a 'change' is necessary so that education system can be revolutionized..

The Way Forward

The evidence supporting the relationship between Social and Emotional Learning & academia is growing. SEL is being practiced in many countries in the world. SEL innovations at schools have shown decline in aggressive behaviours of children while improving their performance in different subjects too.

In our growing economy, significant changes are happening in the education industry. Diversity, social-economic factors, services, resources etc - all play a big role when it comes to redefining the education of our children. **The strongest schools will be those who will work in complete synergy building comprehensive curricula for all round development of the children.**

Thus, the question is, "How we can integrate emotional intelligence into our present educational system?"

Policy Makeover- 3R

As an educator, I strongly recommend 3R to be looked at in Indian education system.

The Education system in India needs 3R- 'Replace, 'Rework', and 'Relevance' to a greater extent. The Policy makers have to introduce SEL into the curricula that needs to be implemented nationwide. A complete strategy at the grass root level has to be designed keeping in mind the socio-economic factors.

SEL needs to be introduced in schools from primary level till class 12th. Each stage curriculum with learning outcomes need to be thought well and created. **The children need to be encouraged to 'think', 'to feel' and 'to act' accordingly. Therefore, policy makers along with content makers, educators have a huge responsibility on their shoulder.**

Implementation and Scaling Up

Huge efforts are required on successful implementation of the curricula. Delivery systems, methodologies, training, learning - all need to worked upon stage by stage. A pilot execution of the project needs to be followed by scaling up of the delivery embedding into the current system along with measuring child's performance in each class. An educational reform where public and private partnerships need to be evaluated that helps in faster scaling up of the programs.

New technology innovations and centralized offline learning will play a major role to push SEL curricula .

Beyond the Structural Settings

Structural issues, management hurdles will always remain considering the diversity in our economy along with many other factors. The schools need to go beyond their structural and framed network, and be ready for new learning environment. This needs to be discussed internally by the management. Perhaps each school will have it's own way but the centralized structure of implementation should be the same.

Teachers Training

Teachers need to be prepared well. The management and the knowledge givers have to collaborate positively. A nationwide training needs to be executed -offline, online -whatever it takes to bring about this positive change.

SEL Resources and Management

In India, growing awareness in the education sector has led to higher literacy rate. The workforce working behind this- Govt, NGOs, Schools etc have managed to achieve interest in education. So far so good. But there is much more. The present resources and management are struggling to make the system work in totality for our children. It will be challenging to create new 'mindfulness' from the existing resources.

Many programs on behavioural skills, cognitive, experiential and much more is already existing. Somewhere, they are connected in terms of learning outcomes. However, new research and practise is needed to design performance based programs. In UK and US, many organizations are working together to develop SEL programs. (CASEL)*, SIXseconds, (SECD)* are some of the international organizations who are developing new programs.

India needs more organizations to come forth and create a pool of resources that are centralized. To optimize the use of these resources, management needs to look at spreading more awareness along with Literacy and other educational campaigns.

Parent's Investment in "Bank of Emotions"

Parents now have a bigger role to play to listen to their children, to feel their emotions and react in a more positive way. Often, when it comes to emotions, it is either taken lightly or shunned away by adults and young kids tagging them as unimportant. The language used is "Control your emotions" or "emotional fool" or simply "emotional" in the negative context. **As an author and a parent too, my sincere urge to all the parents and teachers is to stop telling your kids to "CONTROL" your emotions. The word 'control' may not be taken in the right way by any child. Today, all we need to do is replace the word "CONTROL" with "MANAGE" your emotions that will have a more positive impact on the child. Do try it yourself!** I can share my views and research on my firm belief for saying this in some other article.

Start Now, Act Now

Schools, parents, and individual educators need to collaborate aiming at Social & Emotional learning (SEL) as a prime factor aiming at overall development.

Childhood is a spectrum of emotions. What we learn in our childhood forms our emotional habits and leaves a life- long imprint on our behaviour patterns. Thus, it becomes significantly important to manage these emotions in the right way. Thus, schools and parents need to act now and give it a thought.

Emotional investment on our children and our loved ones is essential. Giving time to your children or emotionally being there for them helps in better development of the child. Therefore, your time starts now..... Make a promise to tell your children all about emotions.....

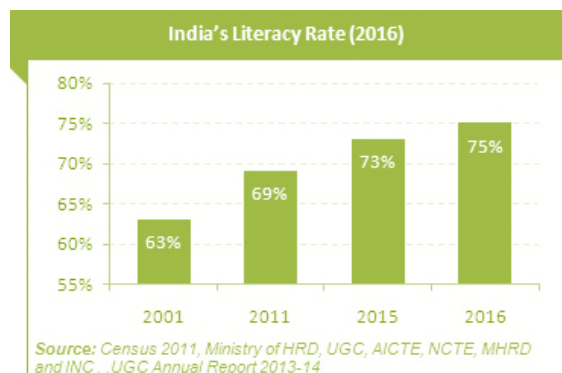


Shaveta Nayyar Dham 'Spica'

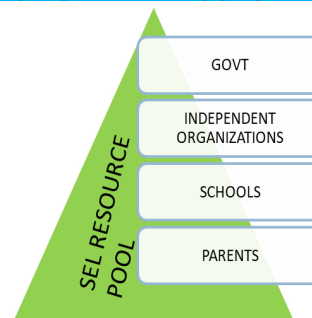
Educator, Author ("Emotions In My Basket"),

Founder-Edudham

<http://www.edudham.com/Shaveta-Nayyar-Dham.html>



CREATION OF SEL RESOURCES BY ALL



For Workshops on Emotional Intelligence-

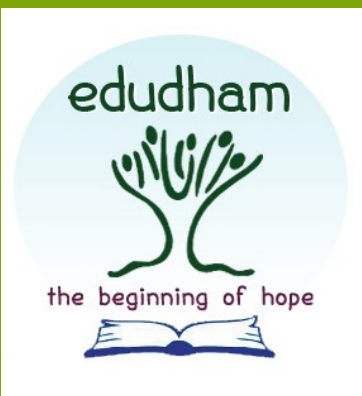
Contact Us

Give us a call for more information about our services and products -

+91-9555015101,
7011193580

nshaveta@gmail.com

Visit us on the web at



*CASEL-Collaborative for Academic, Social and Emotional Learning / SECD- Social & Emotional Character Development in New Jersey

