

Bringing Emotions into Education

UNESCO MGIEP

- The Mahatma Gandhi Institute of Education for Peace and Sustainable Development (MGIEP) is UNESCO's category 1 Research Institute that focuses on Sustainable Development Goal (SDG) 4.7 towards education for building peaceful and sustainable societies across the world
- Employs a whole-brain approach to education. Programs are designed to
 - Mainstream SEL in education systems
 - innovate digital pedagogies and
 - empower youth as global citizens





Meet your facilitator



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Bhavya Joshi

National Project Officer

Agenda of the session

Practice a Social-emotional learning
based tool for classroom use



SEL is the process of acquiring competencies to build social connections, recognize and manage emotions, establish positive relationships, make responsible decisions, and handle challenging situations.

(Payton et al., 2000; Greenberg et al., 2003; Weissberg et al., 2015).

What is Social and Emotional Learning?

Self awareness Mindfulness Decision making

Social Awareness Critical inquiry

Empathy

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What is Social and Emotional Learning?

Self awareness

Mindfulness

Decision making

Social Awareness

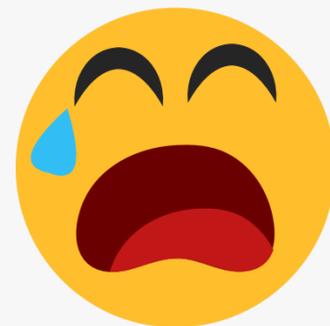
Critical inquiry

Empathy

A quick emotion check-in

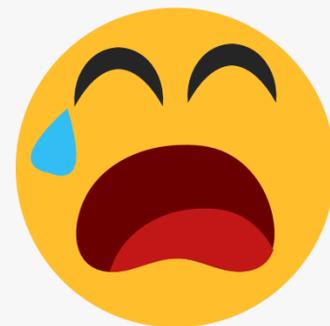
How are you feeling today?

Share with me on the chat, using words or emojis.



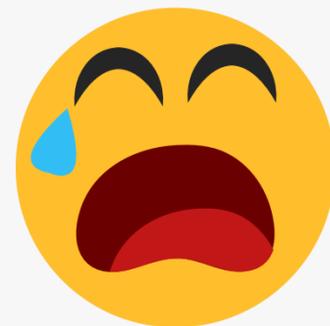
**Have you ever done an emotion check-in/asked
this question in your classroom?**

Share in *yes/no* on the chat



**Have you ever done an emotion check-in/asked
this question in your classroom?**

Well, most teachers have.



What's a more efficient way of doing an emotion check-in?

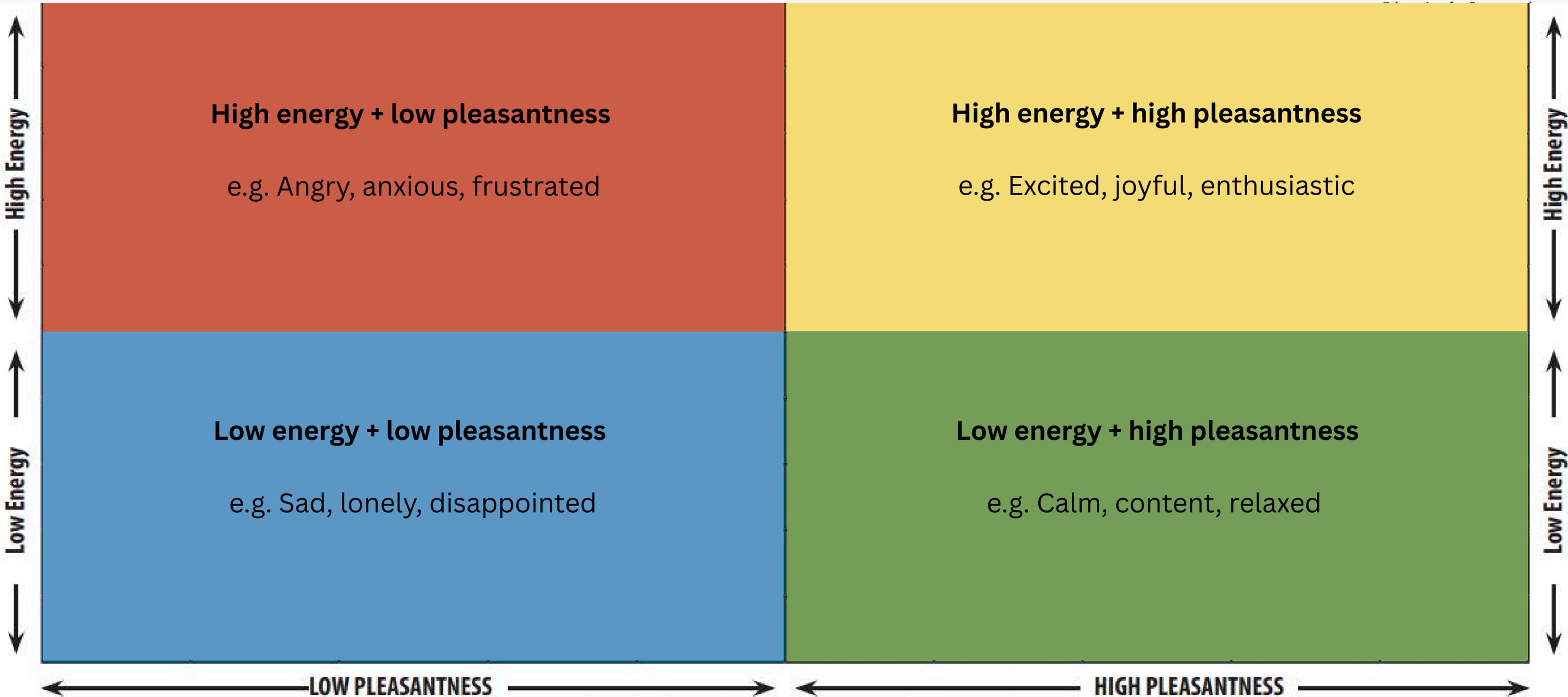


Step 1?

Use a mood meter like this one!



Mood Meter



Mood meter

High Energy	Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic	High Energy
	Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated	
	Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic	
	Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled	
	Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful	
Low Energy	Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled	Low Energy
	Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched	
	Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced	
	Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree	
	Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene	
LOW PLEASANTNESS					HIGH PLEASANTNESS						

Let's do a check-in again with this revised approach.

**Scan this QR code or
click the link, and
choose your “mood
block” now**

[link to
menitmeter](#)



Let's do a check-in again, in the new format.

Join at [menti.com](https://www.menti.com) | use code 12814433



How do you feel right now? (Please select one)

ENRAGED	PANICKED	STRESSED	JITTERY	SHOCKED	SURPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPED	CHEERFUL	MOTIVATED	INSPIRED	ELATED
FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ARMORED	PLEASANT	HAPPY	FOCUSED	PROUD	THRILLED
REPULSED	TROUBLED	CONCERNED	UNEASY	PIRVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLESSED
DISGUSTED	BLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASYGOING	CONTENT	LOVING	FULFILLED
PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATISFIED	GRATEFUL	TOUCHED
ALIENATED	MISERABLE	LONELY	DISHEARTENED	TIED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
DESPONDENT	DEPRESSED	BULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	COMFY	CAREFREE
DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEEPY	COMPLACENT	TRANQUIL	COZY	SERENE



Benefits of an emotion check-in like this one

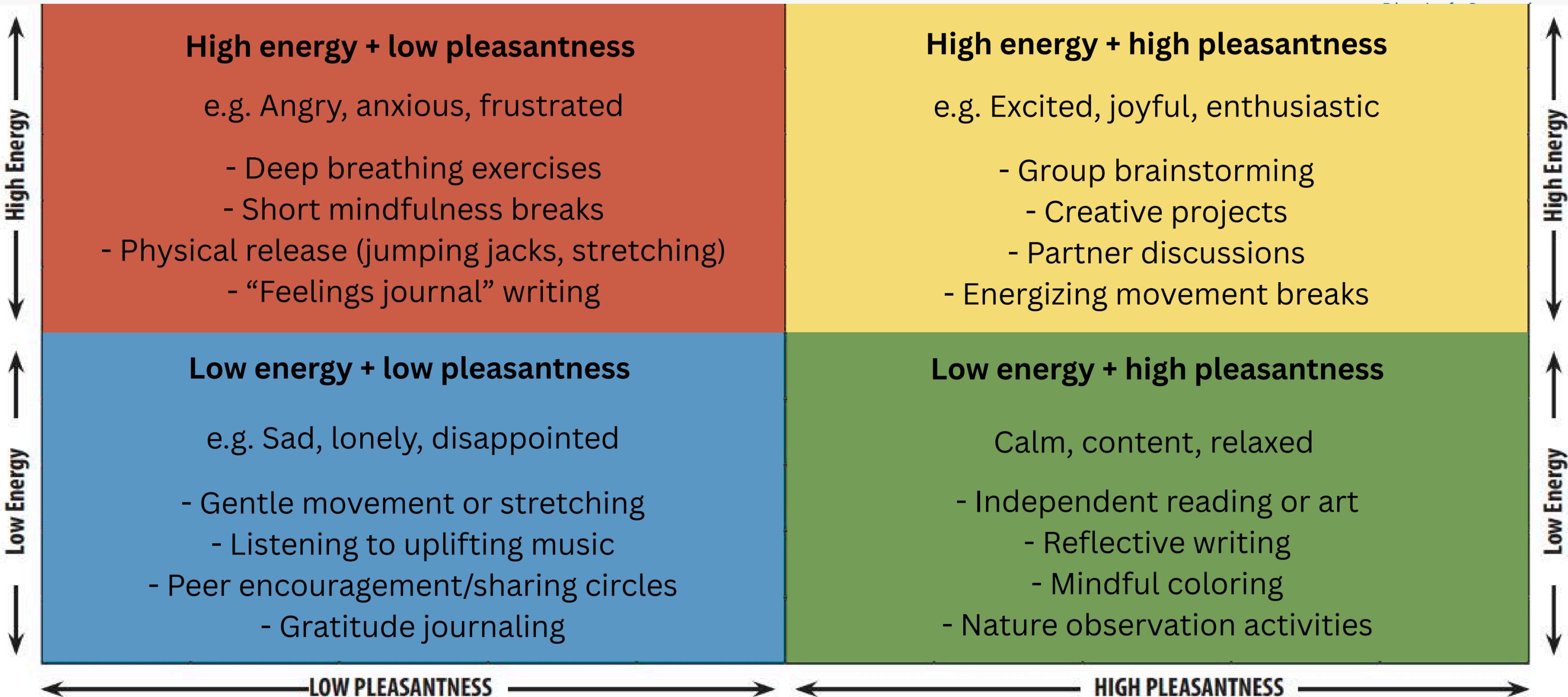
1. Allows students to reflect on their emotional state
1. Allows the teacher to get a quick snapshot of what's happening (emotionally) in her classroom

Do we stop after an emotion check-in?

Many educators STOP after the emotion check-in, with no follow up action. But this information is useful in determining what the teacher can do in class that day!

Let's explore how.

What is each zone ideal for?



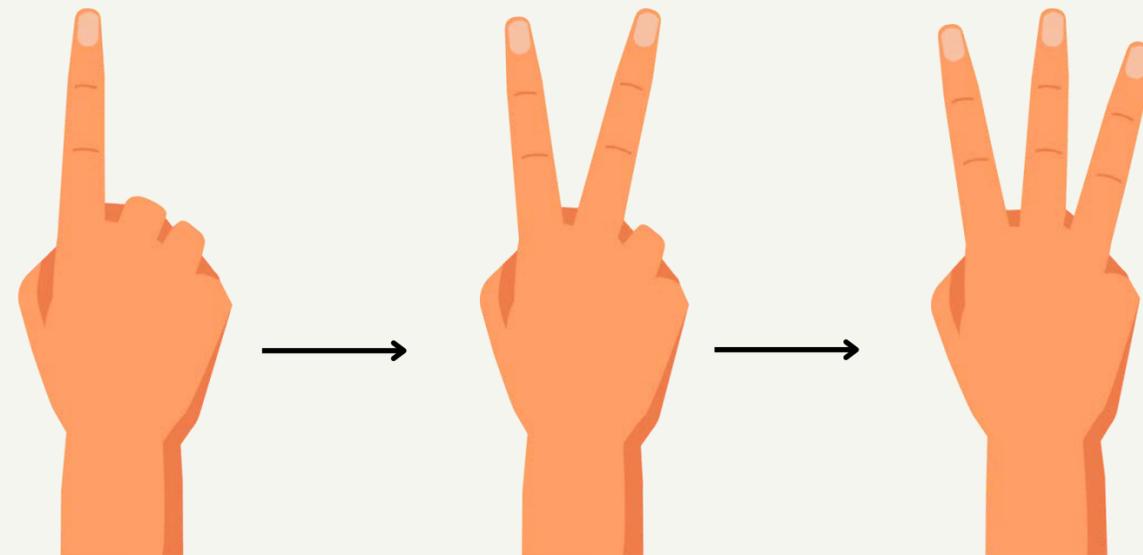
**Practice this one tool in your classrooms and
experience the magic of SEL!**

Thank you!

Let's SEL(f) Reflect

Instructions

- Form 2 fists
- Open a finger if...the said statement applies to you





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Open a finger if...

**you frequently can't name the emotions you are
feeling**



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Open a finger if...

**talking to unfamiliar people makes you awkward
or anxious**



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Open a finger if...

**you were frustrated/upset/angry with something,
and that had an impact on your classroom
teaching**



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Open a finger if...

**you don't know what to do to feel better or calm
down whenever you are feeling anxious, sad,
angry**



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Open a finger if...

You frequently forward a Youtube
videos/WhatsAspp messages without checking their
authenticity



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Open a finger if...

**you find it difficult to support/comfort someone
who is going through a tough time.**



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Open a finger if...

you find it difficult to communicate assertively.



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Open a finger if...

**you are scared of conflicts and confrontations with
family members, colleagues, and friends**



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Open a finger if...

**you feel you are not aware of your areas of
strength – things you do well/or of areas that
require improvement.**



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Open a finger if...

You find yourself doubting your capabilities even
after being reassured

Why Teachers need SEL?



High teacher attrition rate

1 million teachers move in and out of schools in US due to 'unreasonable work expectations' (Moeller, J., Ivcevic, Z., White, A. E., Menges, J. I., & Brackett, M. A., 2018)



High early dropout of teachers

40% of teachers leave the profession within their first five years of teaching (Haynes M., 2014)



Anxiety is the most commonly experienced emotion

Other emotions experienced in COVID- fearful, worried, overwhelmed and sad (YALE and CASEL study)



Most challenging, Stressful, and demanding job

Data from human service industry (Chris Kyriacou, 2010)

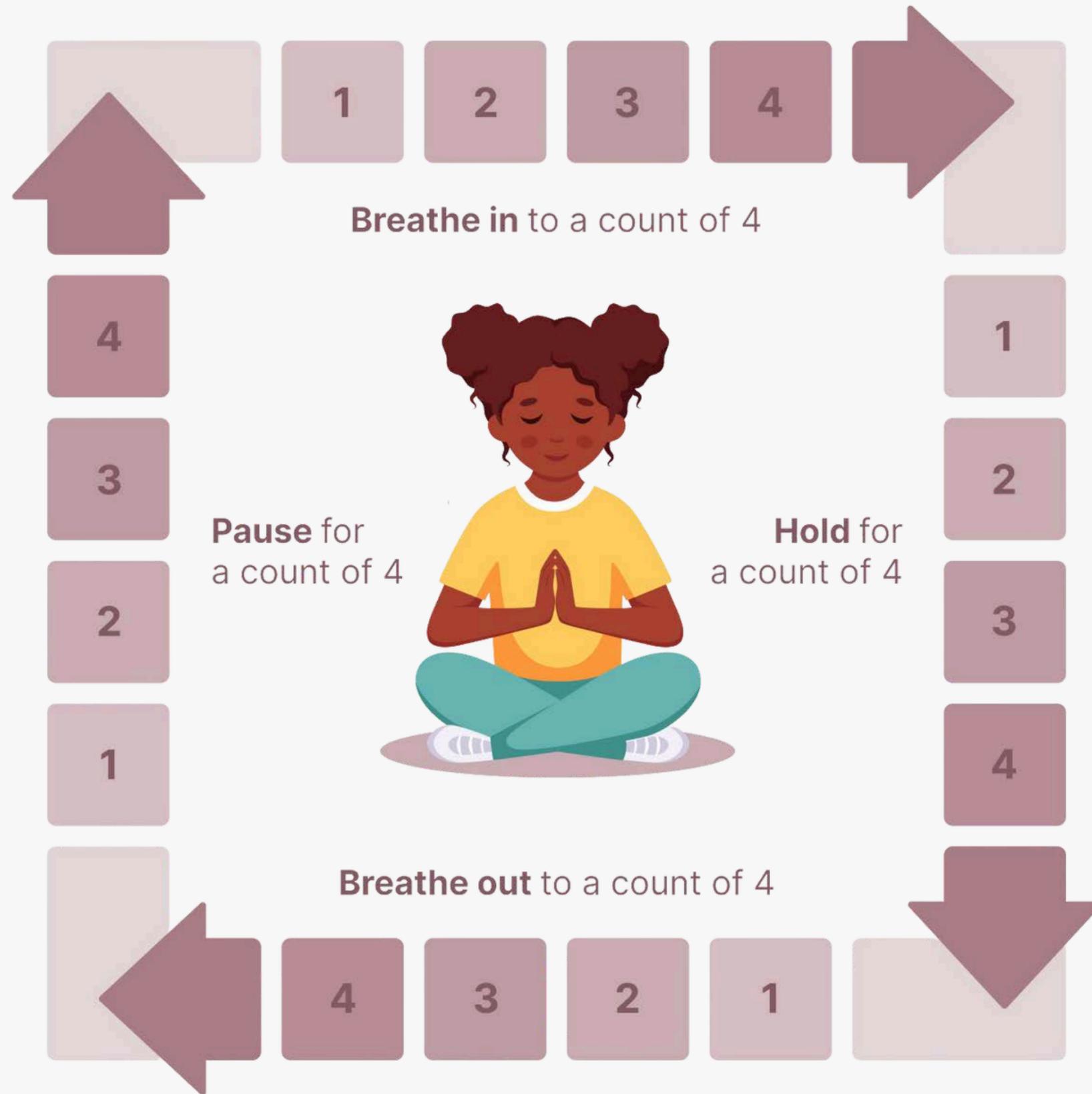


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Let's explore one tool today.

Box Breathing



When can a tool like this come in handy for a teacher/school leader for their own social-emotional well-being?





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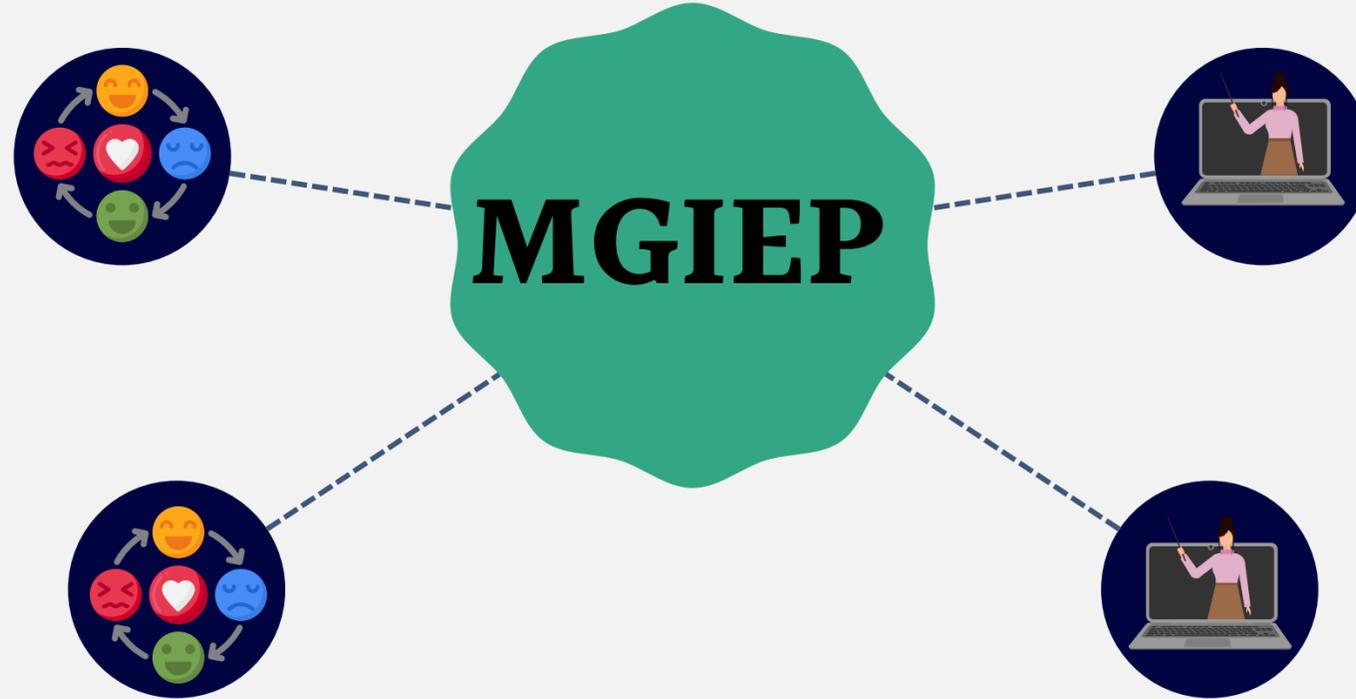
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Want to know more about SEL?

head to www.frameospace.com

TEACHER COURSES

SEL for Schools



**The Digital
Teacher**

**The Social
Emotional Educator:
A Primer**

**The Digital
Educator: A
Primer**

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Global Citizenship



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Courses**

Media Literacy



**Biodiversity and
Human Well-
being**



Climate Change

Thank you!