

**REPORT ON**  
**DEVELOPING SOCIAL AND EMOTIONAL SKILLS**

**BY – HRDC ONLINE TRAINING SESSION**

**TOPIC – DEVELOPING SOCIAL AND EMOTIONAL SKILLS**

**DATE – 28 JULY, 2021**

**DAY – WEDNESDAY**

I (Baljit Kaur ) participated in the Webinar on the topic ‘ **DEVELPING SOCIAL AND EMOTIONAL SKILLS** ’ organized by the DPS Society On July 29 , 2021. **Ms Vani Amrit** , Special Educator and Behaviour Therapist at National Institute of Value Education , Bangalore was the resource person for the webinar.



- The session began with the very vibrant and cheerful welcome by *Ms. Vanita Sehgal* , Executive director, HRD The DPS Society. She introduced the topic by throwing light on the importance of ‘ **Social and Emotional Behaviour in Student’s Learning** ’

The Resource Person started the session by reciting a quote –

**“Educating the mind without educating the heart is no education at all”**

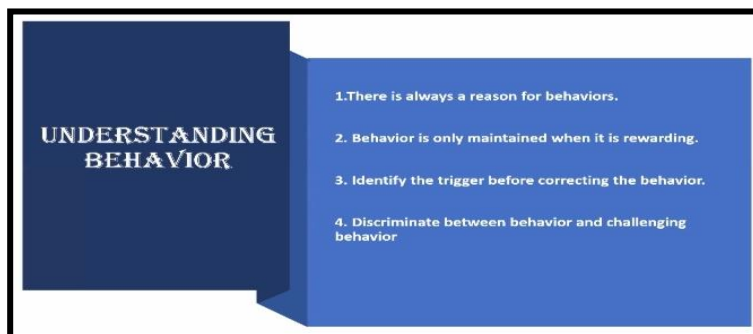
- Aristotle

- Further, she discussed **Behavior Management** , how to understand behavior?

<b>STRATEGIES TO HANDLE CHALLENGING BEHAVIORS</b>	
Identify the problem	<i>Low self esteem</i>
Focus on the issue	<ul style="list-style-type: none"> <li>a) do not label the student</li> <li>b) deal with trouble not troublemaker</li> </ul>
Think why it's a problem	<ul style="list-style-type: none"> <li>a) student does not know the answer</li> <li>b) he is under peer pressure</li> <li>c) he knows the answer but does not know how to articulate</li> <li>d) needs time to prepare the answer</li> </ul>
Solve it together	<ul style="list-style-type: none"> <li>a) talk to the student in one on one</li> <li>b) make the list of all possible way to solve it</li> <li>c) help him to set practical goals</li> <li>d) Listen without judging</li> </ul>

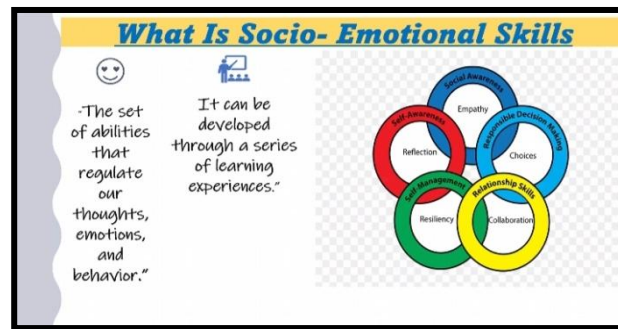
- 1) There is always a reason for behavior , Instead of finding the behavior we should try to find the reason behind it.
- 2) Behavior is only maintained when it is rewarding.
- 3) Discriminate between behavior and challenging behavior.

- **Then , she suggested some strategies to handle challenging behaviors-**



- ❖ **Focus on the issue** - Find the trouble and try to deal with it not with the troublemaker.
- ❖ **Think why it's a Problem** -
  - a) Learner does not know the answer .
  - b) He/ She knows the answer but does not know how to articulate .
  - c) needs time to prepare the answer.
- ❖ **Solve it together** –
  - a) Don't discuss a problem in the classroom , always talk to the student in one on one as he may feel shy in front of everyone.
  - b) Always listen the student without judging .

➤ In the next step she spoke about Socio- Emotional Skills -



Create an Environment

- ✓ Initiate greetings with your students . Do not wait for them to initiate . Promot them to return the greetings.
  - ✓ Start a day with few breathing exercises and a small talk between you and your students. It helps to build connections
  - ✓ Trust your students . Even if you know he is lying give him a fair chance to explain.
  - ✓ **Use 10 minutes policy.** Encourage students to solve their problems themselves instead of giving readymade answers.
- Moreover , she discussed the role of Parents in child’s learning-



- ✓ School should conduct empowerment program to transfer knowledge to Parents.
- ✓ Parents should Replicate an environment at home.

❖ Last but not the least , she introduced Reward & Reinforcement System



- ✓ Students should be rewarded for their good work.
- ✓ Get favourite activity or item after displaying desirable behavior .
- ✓ Do not bribe by disclosing the reward before getting the work done ( do this , you will get this).
- ✓ It must be variable.
- ✓ It can be both short and long term.

Ms. Vanita Sehgal, concluded the session by thanking all the participants. It was indeed a good webinar and a lot is gained out of it

*This session has given me an extensive understanding of Developing Social & Emotional Skills .*

*Compiled by:*

Ms. Baljit Kaur