

Mindful

Drastic Times Call for Drastic Measures A Social and Emotional Approach to Classroom Management

18th April 2019

Imagine a classroom where everybody is calm and relaxed, where your students cooperate and help each other AND most importantly, where they cooperate with YOU, the teacher. Sounds nice, right? This is what you signed up for when you decided you wanted to become an educator. Maybe you even saw yourself as wise old Yoda preparing the next generations of Padawans that would set out into the world eager to change it for the better. But then reality hit us hard. It's not all rainbows and butterflies all the time and we're not Yoda, are we? Today's classroom environment has become increasingly challenging to manage. Juggling the pressure of academic achievement and the whirlwind of inner emotions has eroded the student-teacher relationship, calling for a paradigm shift in terms of classroom management, one that addresses not just the cognitive aspect of education, but also the social and emotional reality of each child. In this workshop we will explore the principles of Social and Emotional Learning (SEL) and one of its core strategies, Mindfulness, and take a look at how they cultivate an environment in which students can get in touch with their emotions and achieve their full potential with more ease, while feeling safe and appreciated and actually having fun and enjoying themselves during the ups and downs of the learning process.

Programme

9:30 – 9:50 Reflecting on the modern challenges of classroom management

Fostering knowledgeable, responsible, and caring students is the number one priority in our teaching community but this is becoming increasingly difficult due to the unparalleled demands in the children's lives. Before we can mend something, we need to understand its cause. In this introductory part of the workshop we will investigate the reasons why disruptive behaviour has intensified and what the cognitive, emotional and social mechanisms behind it are.

9:50 – 10:15 Insights into Social and Emotional Learning

We now know that we cannot limit the scope of education to the cognitive dimension, but we have to teach the whole child, taking the emotional and social aspects into consideration as well. Social and Emotional Learning (SEL) is the process through which children and adults acquire life skills, understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. After becoming more aware of the benefits of SEL and the 5 core values that support it, we are going to take a look at some ways

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we could also implement it. In this part of the workshop, you are going to see at work some practical activities to use with your students for improving their self-awareness, self-management, social awareness, relationship skills and, last but not least, responsible decision making.

10:15 – 11:15 Mindfulness in the teaching practice

In terms of tasks, we give our students instructions. We tell them 'Circle the correct answer!', and they do so. Maybe it's not always the correct answer, but they do circle something. They know how to draw a circle, they were once taught how to do it. It may not be a perfect one, but the one they draw serves its purpose. In terms of behavior and emotional reactions, we also give instructions: 'Be silent!', 'Focus!', 'Pay attention!' 'Don't react like this!' 'Be nice to your classmate!' We TELL our students how to act, but do we also TEACH them how to do it? In terms of behavior, maybe. What about in terms of emotions? Do we always take into account what's behind their reactions? And if we do, how do we handle the backstage feelings of our students? This part of the presentation focuses on the importance of empathizing with our students' emotions, of becoming aware of their struggles, of helping THEM become aware of their OWN feelings, too, and on how certain methods can help both teachers and students better manage the pink elephant in the classroom: emotions.

11:15 – 11.30 – Tea & cookies

Location: Carturesti Verona (demisol), 13-15 Pictor Arthur Verona Street, Bucharest.

Meet the teacher trainers:



Andreea PAUNOIU is a teacher of English and the CPD coordinator at Shakespeare School. She prepares groups of young learners and teenagers for Cambridge exams, has contributed to the design of a number of courses and as course coordinator, she develops customized materials, tests and lesson plans. Andreea has a Bachelor Degree in Foreign Languages and one in Psychology and is currently attending a Clinical Psychology, Hypnosis and Short Term Therapeutic Interventions Master's programme. She has hosted several in-house training sessions and has a strong passion for student development coupled with a great desire to enlighten young minds and thus make a difference in their lives.



Oana CAMPANIE is a CELTA qualified English language teacher with extensive professional experience, passionate about education and lifelong learning. She has gained experience as course coordinator and preparing her students for KET, PET, FCE exams and various other competitions. Oana has a Bachelor Degree in Foreign Languages and is currently completing a Discourse and Argumentation Studies Master's programme. As an educator, she is focused on systematically fostering growth in a thoughtful, creative and stimulating environment, which leads to aware, well-adjusted and expressive children.