

Social and Emotional Well-being Amidst COVID

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With the announcement of country lockdown by our prime minister on March 18, 2020, the nation's activities came to a sudden halt. With no preparation time to combat the situation the teachers were struggling to impart lessons using online platforms. Addressing social-emotional needs remotely seemed to be a distant goal for all. All these challenges made us reflect to devise a plan to address learning by incorporating the social-emotional component and making classrooms happy, inclusive and accessible for all.

The sudden, forced adoption of remote learning affected the well-being of teachers and students alike. We created a Wellness mantras series which contains six posters comprising of simple doable tips to keep oneself motivated.

- #1 Are you digitally smart
- #2 Are you emotionally smart
- #3 Are you physical active
- #4 Is your social connect empathetic
- #5 Are we practicing occupational wellness routine
- #6 Are we socially responsible

Link: <https://wakelet.com/wake/eAtVFtBJlAbn6Gz8MoYih>

Wellness mantras empowered teachers and students to believe that they have the ability to contribute to each other's

wellbeing by staying motivated. They shared their stories on various aspects of wellness. Their stories included a tiny contribution of calling their grandparents regularly to know their wellbeing, to help their friends stay fit by conducting collective online fitness sessions and learning simple DIYs using online platform. Teachers shared their stories about how they are helping their peers in e-content development or using the online teaching platform effectively by incorporating the concept of train the trainer.

Remote learning times are challenging times for students with diverse needs in the classrooms. We created a video series "Addressing Diverse Need in Remote Learning Times" comprising of three videos to address their learning as well as social-emotional needs.

Our first video encompasses resources related to addressing challenges of Reading, Writing and Math, Executive Functions and Speech, Language and Communication challenges: Link: <https://www.youtube.com/watch?v=9bNYmz9Sn4c>

Our second video addresses the Hearing, Mobility and Vision challenges of the students which comprised of various tools needed to accelerate the learning of students. Link: <https://www.youtube.com/watch?v=N3AcACXhIHk>

Not every disability is visible!!! Variety of Tools needed to enhance the learning of students with Neurodiversity, Multiply Impaired/Medically Fragile and challenges related to Mental Health were collated in the form of a video to address their needs: Link: <https://www.youtube.com/watch?v=CJO9MmfwhpM>

These videos were shared with the larger community. This helped teachers to use free online tools to address students' needs in a remote learning environment and for the parents to help their children in their learning at home. This also empowered students to access the content and personalise it according to their needs to stay at the pace of the online learning class. More than 1000 views of these videos collectively explains the impact and usefulness of this free resource in online classrooms.

Considering how Life skills classes were impacted during pandemic due to the lack of resources for online delivery of these skills we have launched e-content of life skills. The content is made in the form of comic strip and supports audio, visual and text learning to address needs of the students and is aligned to CBSE Life skills syllabus.

Teachers had started using this e-content within a day of release of this. They found this content quite useful to address why life skills are important in remote learning classrooms. We had more than 447 views of our video in just 2 days. We received phone calls from teachers about how this e-content is proving beneficial in online classroom. We have received calls from the students and their parents that they like the character of Super Granny and were

able to reflect on the importance of life skills in their life. Link: <https://www.youtube.com/watch?v=Cakjos78UCk>

To benefit the larger community all the resources created were shared via social media on the forums for educators and students.