

May 2021, Vol. 26

HEART AND MIND

The Monthly Newsletter of MEQ Academy



In this Issue...

MEQ Event-Recap

SEL Blogs by Experts

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Upcoming MEQ Events

“Instead of resisting any emotion, the best way to dispel it is to enter it fully, embrace it and see through your resistance.”

Deepak Chopra



MEQ ACADEMY'S NEWSLETTER

Lata Singh Dasila, Founder - Director 

We are glad to present volume 26 of MEQ Academy's monthly newsletter. Our Newsletter is an extract of the report containing the activities and workshops done during the previous month. Moreover, it's an effective medium to make our audience aware of all that we have to offer in the realm of Social & Emotional Learning.

We have included various topics on the challenges faced by teachers, students, and parents are also addressed by our team of experts, along with one guest blog.

We hope to offer you the best quality content and would love to receive your support and feedback.

"They think only students get the back-to-school blues, but we're human too."

- Mr. Henderson, Math Teacher

MEQ EVENT-RECAP

- **Social-Emotional Learning Weekend classes for children**
- **Teach The Heart- A Session on SEL for Teachers of Gurushala**
- **EI Coach Certification Program**
- **SEL Teachers Training Pilot Project**
- **First Batch of Teachers Training Program completed**
- **Mindfulness Session by Dr. Saroj Dubey at Navjyoti India Foundation**



EMOTIONAL LITERACY

SEL CLASSES FOR CHILDREN- EMOTIONAL LITERACY

Online Classes

MEQ Academy has started a fresh batch of SEL classes from 17th April.

This class is conducted once a week on an online platform, with participants across India.

Ms. Chetna Singh, certified Kids Coach, hosted the first session on 'Emotional Literacy' wherein she discussed emotions and the importance of naming, sharing, and acknowledging emotions.

The children shared their emotions and expressed their current feeling with an emoji made of clay dough.

They found the session valuable and easy-to-implement in daily life.



GROWTH MINDSET

Online Class

Since mindset governs the learning curve of every individual, MEQ Academy decided to choose Growth Mindset as the topic for the second week.

The children were briefed on the meaning of the Growth vs Fixed mindset with many examples, videos, and activities. The participants were thoroughly interactive and inquisitive.

With Social and Emotional Learning at its centre, this session emphasised how if we continue to learn and improve ourselves, there is no skill that we cannot master, thanks to the brilliance of neuroplasticity.



MEQ
MEQ Academy's
Teach The Heart

A free Webinar on the importance of Social Emotional Learning

Join our MEQ Academy's Specialist for a 60 minutes virtual session.

Who can join?
Teachers, Educators, Coaches, Psychologist, Trainers, Parents and Individuals associated with Schools.

WWW.INFO@MEQACADEMY.COM | +91-9354525069

CONTACT US FOR CONDUCTING THE SESSION AT YOUR SCHOOL

TEACH THE HEART

An online Free Session with Gurushala

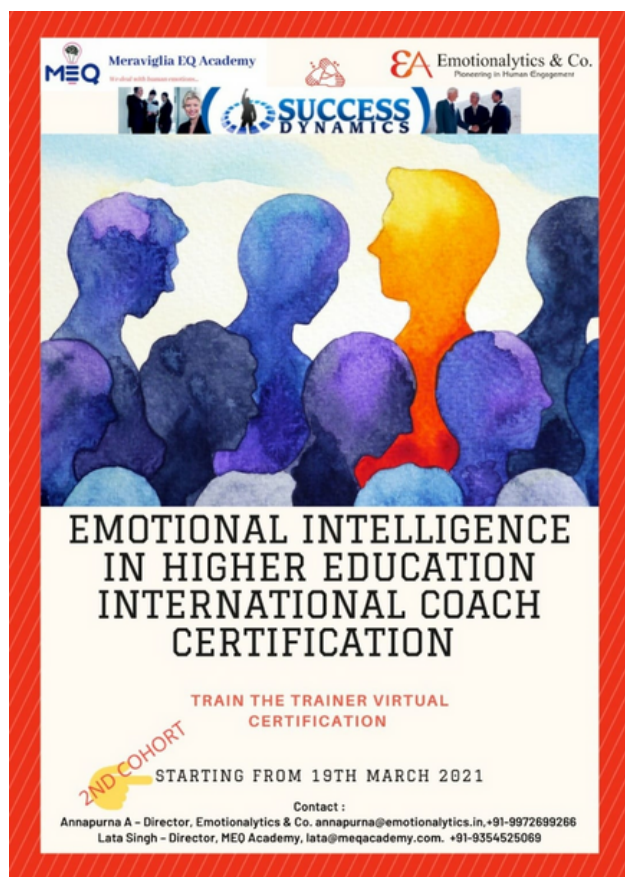
Meraviglia EQ Academy hosted a live Zoom session with the Teachers of Gurushala. Around 75 Educators participated in the session.

The session was oriented around the importance of inculcating SEL in classroom teaching. The audience was awestricken after knowing the uncomplicated techniques to incorporate Social-Emotional learning in their daily teaching method.

The world currently is in pressing need to learn to be empathetic, kind, grateful, acceptable, and motivated, hence we recommend all Educators to learn this skill.

Contact us for organizing a free session.

[WHATS APP](#)



Meraviglia EQ Academy
Emotional Analytics & Co.
Presenting in Human Engagement

SUCCESS DYNAMICS

EMOTIONAL INTELLIGENCE IN HIGHER EDUCATION INTERNATIONAL COACH CERTIFICATION

TRAIN THE TRAINER VIRTUAL CERTIFICATION

2ND COHORT
STARTING FROM 19TH MARCH 2021

Contact :
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Lata Singh - Director, MEQ Academy, lata@meqacademy.com. +91-9354525069

EI COACH CERTIFICATION PROGRAM

In Association with Emotional Analytics & Co

MEQ Academy along with Emotional Analytics is running an online EI Coach Certification program. We are delighted to inform you that our very first batch has now completed the whole program.

This EI course is exclusively designed for leaders, doctors, educators, coaches, counsellors, and teachers who wish to understand the fundamentals of emotional intelligence and want to implement the same in their personal or professional work.

Just watch out for a review by one of the participants to know how impactful the whole program is.

[WATCH](#)



Pilot Project- Our SEL Educators



A Virtual Program



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SEL TEACHERS TRAINING PILOT PROJECT

This month, MEQ Academy conducted Module-5 of the SEL program that was all about 'Goals and Purpose'.

The session was conducted by Ms. Jasmine and Ms. Shan, MEQ Teacher Trainers, who enabled the participants in realising their own short-term and long-term goals. The objective of the session was to aware all the participants of the importance of having goals and purpose to lead a happy and content life. All the attendees shared their goals while engaging in an exciting activity.

FIRST BATCH OF SEL TEACHERS TRAINING PROGRAM COMPLETED

ONLINE PROGRAM

MEQ Academy completed a six-week SEL Teachers Training Program with its first batch.

Our expert Facilitators Ms. Jasmine and Ms. Shan conducted high-quality sessions making the entire session so lively and energetic that the participants were keen to learn from them.

We are happy to say that we have received great feedback from the teachers.

One of the participants gave 10/10 for the entire course, furthermore expressed great satisfaction as she enhanced her skills by learning to be more positive, motivated, and dealing with emotions in a healthy way She found the course nourishing for her soul, which is the best feedback we can ever receive.

CLIENT TESTIMONIAL

It was wonderful to be a part of the journey of SEL course. We learned to be positive n motivate the surroundings. With our beautiful vibes, teamwork, growing together Motivation, we, us and xtracting emotional storms with an action n not reaction.... Is what I learned



Disha

This course niurished my soul
Food for soul
and activities were so refreshing for me also 😊

I give a 10 on 10 to this course

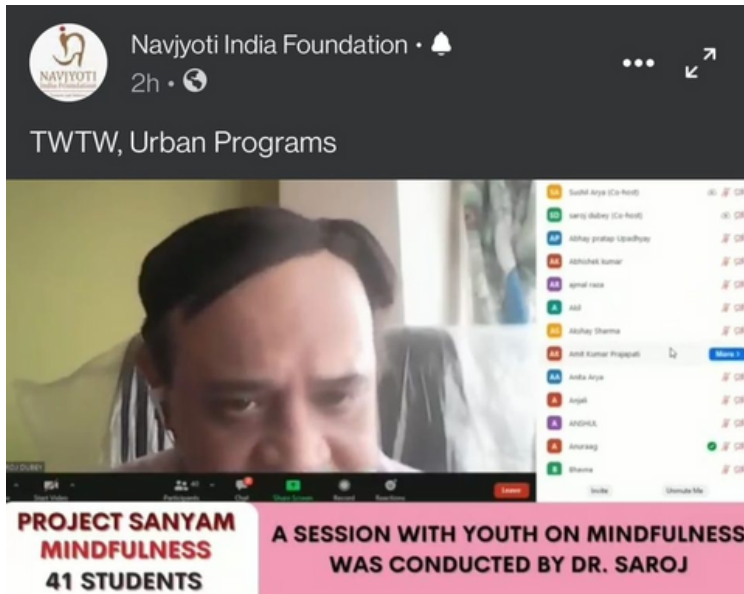


WWW.MEQACADEMY.COM

Disha has successfully completed our 6 weeks SEL training program for Educators

MINDFULNESS SESSION FOR NAVJYOTI FOUNDATION

A Virtual Program- By Dr Saroj Dubey



Dr. Saroj Dubey is a Senior Gastroenterologist practising in Noida and Ghaziabad. We are proud to have him as our Advisory Board member. He conducted an amazing session for the students of Navjyoti India Foundation on 'Mindfulness'. He has been practising Mindfulness Meditation for many years, the way he provides simple Mindfulness techniques to children is beyond imagination.

The session hosted by him was extremely informative. The valuable training that he delivered on the topic was highly motivating for the young minds. The children were overjoyed with enthusiasm as they learnt a new skill to endure all the challenges of life from a very eminent personality.

We thank him for taking out precious time amid his hectic schedule to connect with the children.

SEL BLOGS BY EXPERTS

- **The Second wave of Pandemic in India- Deal it with Emotional Intelligence- Chetna Singh**
- **EQ – A Healthy Life Skill for Children- Paige Burr Dest**
- **5 Tips to Improve your child's Critical Thinking Skills- Suhasini I.P**
- **The Emotional well-being of Teachers and Students- Sanjana Bhasin**

THE SECOND WAVE OF PANDEMIC IN INDIA

DEAL IT WITH EMOTIONAL INTELLIGENCE- CHETNA SINGH, Kids Life Coach



The Second all-India surge has been more disastrous than the first, causing catastrophic mismanagement of the whole system. With more than three lakh cases per day, the deadly virus is leaving a trail of fear among the country's larger population. It has also appeared to be different, being far more infectious than the earlier strain affecting children and young people right away, increasing worry and a high level of anxiety. In this huge surge, we all are dealing with intense emotions and a state of panic, where people are really finding it difficult to manage their emotions.

As an EQ expert, we suggest that Emotional Intelligence can help during the time of crisis by making your mind think rationally, so that you may not act in a way that you regret later. I have found people saying 'Be Positive' while battling any tough situation but I differ from it, I would rather suggest 'Be Authentic' with your

emotions, do not try to run away from your feelings instead accept them and name them, even if you have an emotional breakdown, it's absolutely fine, let tears flow away taking along the sad feelings. Use those negative feelings as motivation, to find solutions so that you do have control over and take action. Stay strong and don't let fear of Covid-19 dominate your life. The more you think and indulge yourself in reading articles and watching the news related to the pandemic, the more speedily you are likely to attract it to yourself and your family.

EQ says telling your mind that like every changing season, this too shall pass, will help you to see hope in every challenging situation. Reframe your mind and explore the blessings you have in your life with a gratitude journal. Remember, mental calmness can help us sail through this.

EQ - A HEALTHY LIFE SKILL FOR CHILDREN

BLOG BY PAIGE BURR DEST, CCP, EQPC CEO/PRESIDENT, COACH BYODESTINY



As adults, we have experiences that can guide us in understanding our emotions and in determining the best decision in each situation. And even then, we often allow our emotions to drive our decisions. So, imagine how confused children must be by their emotions and choices.

There are skills that adults and children alike can learn, which will help them recognize and understand their emotions to use their emotions as information to make the best choice. As you may already know, these skills are defined as Social and Emotional Intelligence (SEI, also known as EQ) skills. They are learnable; and given the miracle of neuroplasticity, almost every human being can learn them.

Building these skills has been scientifically proven to be crucial to life success – academically, socially, and physically. Children as young as 3 and 4 years old can be taught to recognize their emotions, which is the first step (emotional self-awareness).

This step is foundational in moving to the next step - recognizing the best choices in any given situation. Once you understand yourself, you can better understand others.

This is why teaching EQ to children in a social setting is beneficial to learning empathy and cooperation. From these skills, children can gain a strong sense of self, confidence from making good choices, and bond-building, which in turn will help them develop healthy and supportive relationships. These skills are imperative to nurturing a child and moving him or her toward a healthy future.

But we need to start now – whether the child is 3 or 8 or 13 or 18. Every day is an opportunity for them to learn about and grow their EQ. Bringing this into schools, and including parents in the learning process, can provide an amazing support system for the world’s children - and even for parents and teachers who did not learn these skills when they were growing up. Imagine the increased learning curve of each child if he or she was surrounded by strong EQ educators and parents!



Paige Burr Dest

So let’s start with our emotional awareness. What are YOU feeling right now? Have you made the best choices today or did your emotions make them for you? Whatever your answer, you have the opportunity to choose differently tomorrow. And this is the gift we can give our children. One step at a time, one day at a time, they can learn, they can grow, and we can help make their tomorrow amazing!

5 TIPS TO IMPROVE YOUR CHILD'S CRITICAL THINKING SKILLS

ARTICLE BY SUHASINI I.P.- KIDS LIFE COACH



Most of the parents think that there is no need for teaching critical thinking skills to kids, as they would learn it at the school itself. But actually, our current education system is not conducive enough to accommodate questioners or thinkers out of the box. I am sorry to tell you this hard-hitting fact, but most of us as parents do agree that these days schools are not operating in the child-centric learning model, but are driven by marks and assessments. So, where is the chance for our kids to learn to think in a logical manner and arrive at conclusions?

Children are born thinkers. They are naturally, curious and big-time question banks. They try to dig deeper till they get a satisfactory answer. All this inquisitiveness and curiosity gets subdued as they enter the schools. But it's our foremost responsibility as parents to keep their curiosity streak up and alive in the children, irrespective of the schools they are studying in.



Suhasini I.P

Importance of Critical Thinking Skills:

Critical thinking is listed as one of the top life skills required to navigate through the complexities of the world in the 21st century. In the current rapidly changing world, the children need to take a stance against any problem and be able to resolve them at the earliest, without really watching from the by-lanes. The current day's society needs more dynamic problem-solvers rather than bystanders.

Critical thinking skills also improve the child's success in his academic success as well, as most of the subjects are built on logic only.

Tips to improve the Critical thinking skills in Kids:

- **Encourage their pursuits of curiosity:** I know that the toughest job of parenting is to answer the never-ending questions from kids. Those questions are the ones that will help them build their logical reasoning base. So, encourage the kids to move towards the 3 W's and H style of questioning, instead of the plain why. I hope you all know the 3 W's and H principle (What, When, Why, and How)
- **Prompt them to re-evaluate their strategies from someone else's shoes:** This will help the kids to understand that logical thinking is not just limited to one particular path. Anyone can use different techniques to arrive at the conclusion. And the end result might be the same for all.
- **Don't help them immediately:** Whenever the kid comes with a problem, never jump to help them. Teach the ways to solve the problems on their own. Show them the tools and techniques to be used while solving the problems.
- **Always ask them open-ended questions:** By asking the open-ended questions, the kids would be able to come up with logical explanations as to how they could solve the problems. Talking aloud improves their logical thinking capacities
- **Improve their creative and imaginary skills:** Enacting different problem scenarios or even simple day-to-day living scenes would hone their creative and imaginary skills. These skills form the basis of logical thinking.

Critical Thinking Games:

Now that the summer holidays have started, we are listing few games that aid in building critical thinking skills in kids. Playing various puzzles and riddles with the kids will improve their logical thinking skills.

Guess Who: This is a family board game, where the player has to guess who is there in the opponent's card by asking a set of questions.

Brain-vita: This marble eliminating game is a perfect game to spend lazy weekends with the family. This game improves the power of elimination thinking in kids

Master Mind: This is the codebreaker game, which boosts the logical and elimination skills in the kids.

Othello: Othello also helps the players improve their deduction and logical thinking skills. It's similar to that of Connect 4.

Chess: Chess is known to be the most brainy game, which improves the thinking capacity of the players.

These techniques need patience and time to be built and it just enhances not only kids' but the parents' critical skills as they practice with kids.

THE EMOTIONAL WELL-BEING OF STUDENTS

ARTICLE BY SANJANA BHASIN- PGT (PSYCHOLOGY) (BLUE BELLS MODEL SCHOOL, GURUGRAM)



Teachers are an idol to support the social and emotional well-being of students and offer resources and opportunities to build resilience. When teachers support social and emotional well-being, students typically have fewer disciplinary issues, can focus more on school work, and can develop skills to communicate better. This can translate to improved academic outcomes and better health later in life.

On the other hand, Teachers and other school employees consistently report high levels of occupational stress. Though different for each individual employee, common sources of stress include high job demand and working with limited resources. School employees can also experience “vicarious trauma,” which refers to the emotional strain that results from working with students who have experienced stressful or traumatic events.



Sanjana Bhasin

Supporting the emotional well-being and resilience of teachers is critical for creating a positive school climate and retaining quality educators. Wellness programs in schools build a culture of health that can benefit everyone in the school community.

Schools can support teachers' emotional well-being in a variety of ways. Some examples include promoting a support network between staff members, involving administrators and support staff to relieve tension when a disciplinary issue arises, and redesigning staff break rooms. Schools can also train employees in trauma-informed practices, which improve employees' ability to effectively support their students, resulting in a better overall school climate and improved academic outcomes.

Teachers can ensure their students well being can be ensured by the following ways-

1. Talking to them. It may seem basic, but if the teachers make eye contact, ask questions, and then follow up with them later the student will see that it's more than small talk and that the teacher is actually listening.
2. Use I statements. Use "I" statements such as, "I notice you've been tardy" or "I worry that you've missed three homework assignments this week." This strategy deflects blame and guilt from the student and emphasizes his/her concerns, making room for deeper conversation.
3. Allow them time. Sometimes a student just needs to walk. Ask them to run something to another teacher – even if it's a note that only says "Hi" to a colleague. Even better, send them with a note to the counsellor or person responsible for pastoral care, possibly even informing them that you think something is wrong and that the student needs them.
4. Compliment the positive. Students often feel invisible and they misinterpret situations. Whenever a teacher can, they should acknowledge the positive, both the small actions and the larger ones, because even the most well-balanced kids do not always understand how well they are doing.
5. Parent involvement. Whenever possible, the teacher should involve the child's parents or guardians. Have them sign homework assignments throughout the year, give bonus points for parents helping with essays, and so forth – the teacher can learn a lot about a student's home life by what is, and isn't, signed and the responses you get.

6. **Communicate classroom happenings.** If a teacher reaches out to parents regularly through a class newsletter, e-mail updates or notifications about your website, parents will feel more comfortable talking to you about more concerning matters at home.

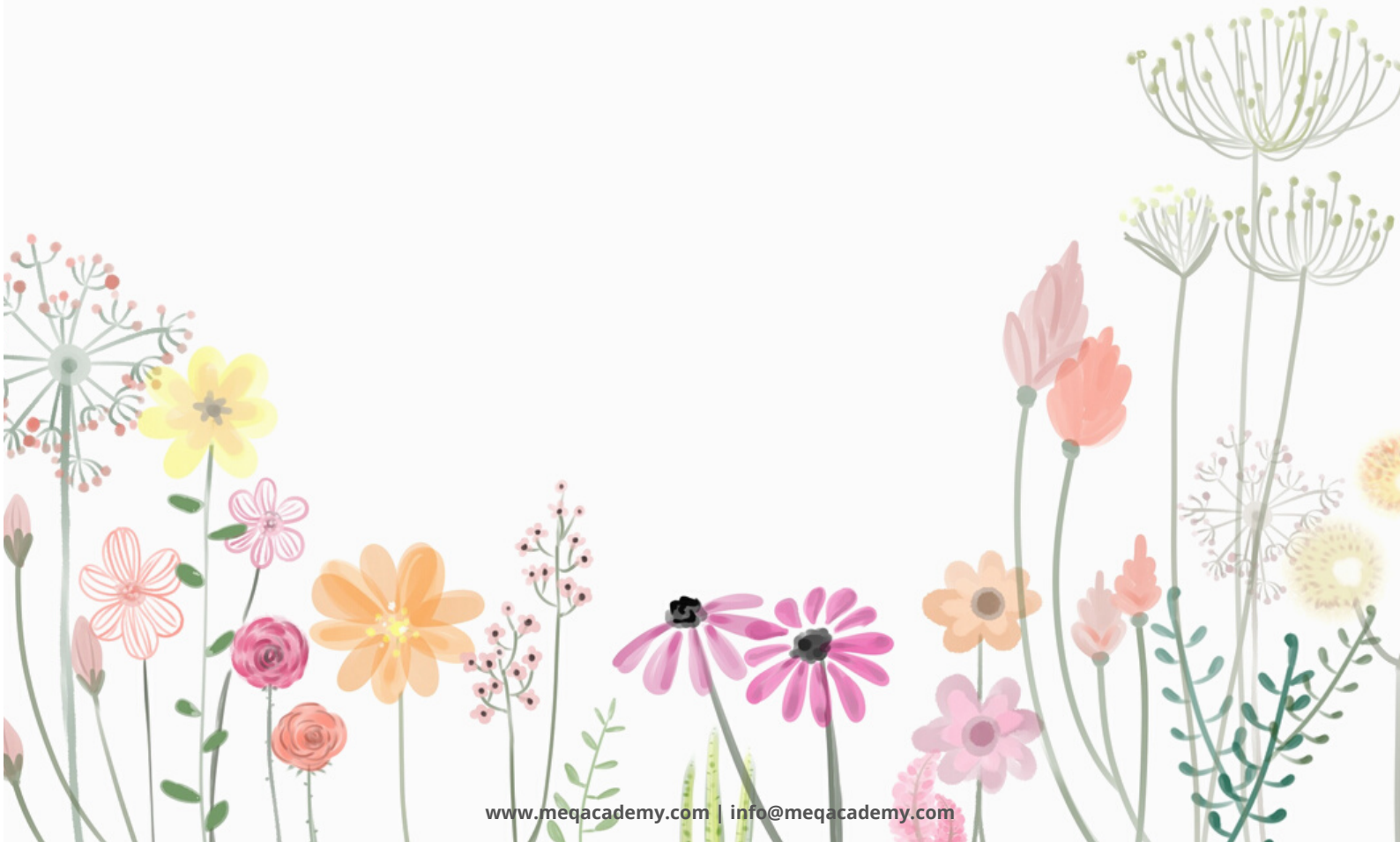
7. **Look beyond the behaviour.** If a child had an outburst. The teacher should make sure that the student knows that the teacher cares more about him than what he did while frustrated. Teachers can make sure kids know that every day (or every bell) marks a brand-new day in the classroom.

8. **Be patient and compassionate-** There are days when kids will test the teacher's patience to the very core and would want to lash out in equal measure. They should Walk away. Breathe deeply. Close your eyes. Find your inner peace. Count to ten. Then and only then, they should address the behaviour and not the student. This is not the time to enter battle. Find out the true enemy and become a united team.

Addressing the emotional wellbeing of students is hard – especially as teachers are already balancing the educational demands of helping students in both learning and life. The teachers will feel pulled in multiple directions as they try to do their best to help the kids and you may never actually see the benefits of your actions. Moreover, If school Administrators and Teachers follow these principles, the Emotional Well-being of students and teachers can be ensured.

SEL TIPS FOR PARENTS

- **Parenting Tips- What should you not expect from your children?**
- **How to Stay Optimistic during the pandemic- Things to do for parents.**



PARENTING TIPS

What shouldn't you expect from your children?

Most often, we parents forget that kids also have limitations, and in order to turn them into their best versions, we expect a lot from them. For a kid, all these expectations might lead one to believe that they are constantly lacking in being a good kid. So how can we keep a check on our expectations in an emotionally intelligent way? Check these tips:

- Stop expecting them to behave maturely when they reach teenage rather, try to understand their behavioural pattern and help them to work on their emotions.
- Do not think that you can improve them by reprimanding them for any misbehaviour or fault that makes you crazy. Instead, visualize yourself responding differently to your child next time and be confident to change their bad habits. Try to understand the child first.
- To be unlike you, remember children come from you and in some case, they can be an extension of their parents but often children are completely different individuals having their own traits.
- Do not have very high expectations about their marks, career, and future life rather, always believe in your children and do the best as a parent to help them reach their goals.
- Stop comparing your children with others, don't expect that telling them about the success of their friends or cousins of the same age group will motivate them, it can increase their anxiety and stress level which may further lower their self-esteem.

The act of expecting comes very naturally as parents, but if we are more mindful about them, we will gather real insights about our own behaviour, which will help strengthen the relationship with kids.



STAY OPTIMISTIC DURING THE PANDEMIC

Try out these ways to stay optimistic



Watch a movie with your kid & discuss it



Eat Healthy



Exercise/Do Yoga regularly



Keep Praying..God is Listeneing



Stay home and be safe



Learn new recipes



Count Your Blessings



Have an online get together with friends.



Have no-screen time with family



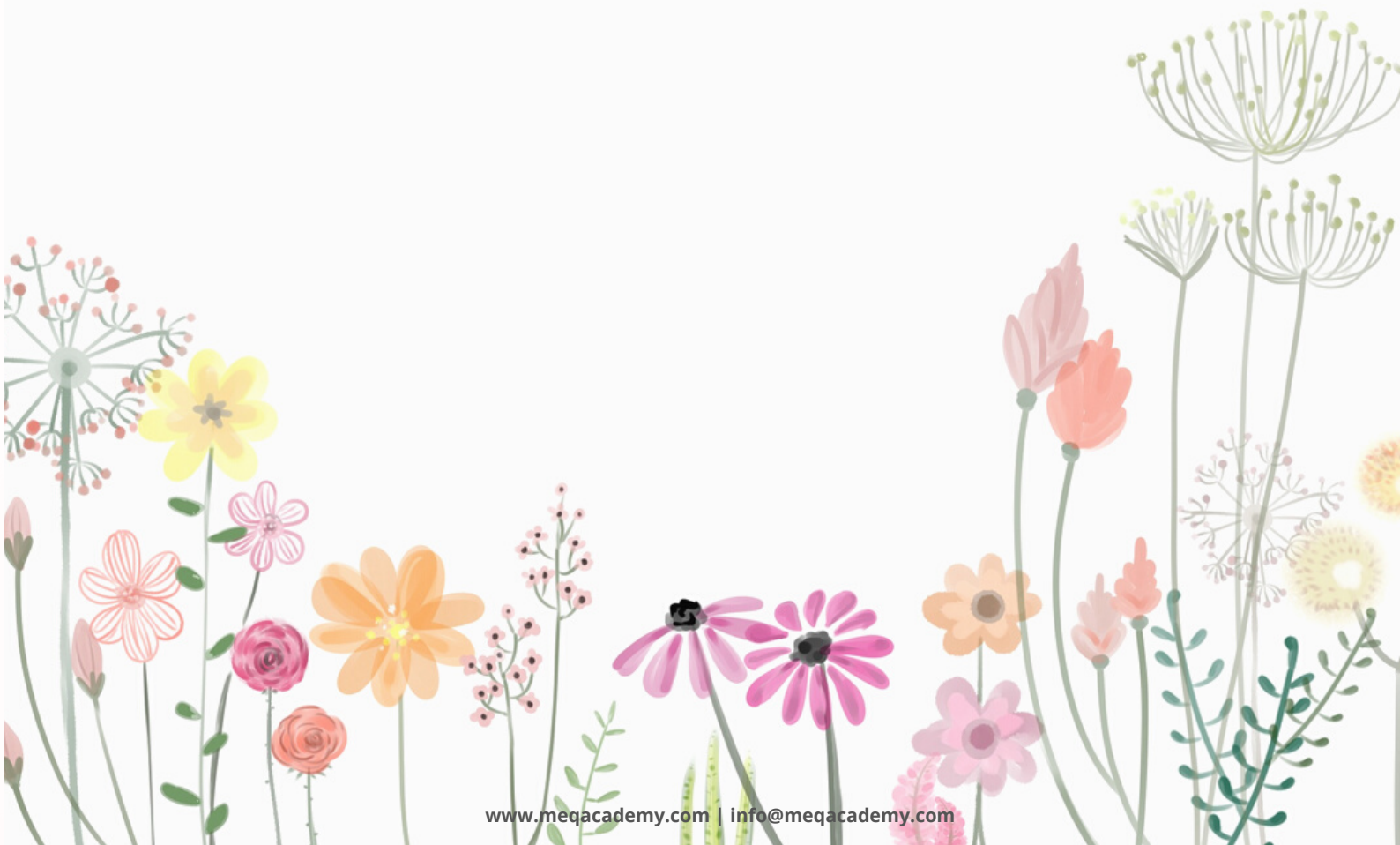
Learn your childhood hobby again



Set Goals Stay Motivated

SEL ACTIVITIES FOR STUDENTS

- **Movie Moods (4 to 7 years)**
- **Face you Fears (8 to 12 years)**
- **Appreciation Post (13 to 16 years)**



GET SET SEL

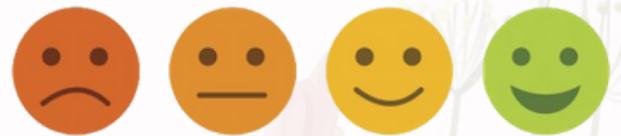
Social Awareness Activity- Movie Moods (For 4 to 7 years)

Watch a short movie of a foreign language with your kid



Ask him to note down the feelings of various characters based on their expressions.

Now check how many of them were correct. Also, if there were two emotions at one time, help your kid understand that too.



GET SET SEL

Face Your Fears (For 8 to 12 years)



Fear creates anxiety and panic

What are some of your biggest fears?

Feel the fear and do it anyway

What do you really **HATE** doing, how do you feel when you have to do it? Do you think it triggers your fear?



Have you ever thought when did you find out about your fears?

Is there something in your life that you have left only because you are scared of doing it? What is it and what are you scared of?

Are you afraid of people making fun of you? Why? How does it affects you?



Did You Know?

Babies are born with only fear of falling and loud noise, however as they grow older they start to develop fears from the environment they live in. Sometimes its the parents who transfer their fears into their little ones.

GET SET SEL

Appreciation Post-its (For 13-16 years)



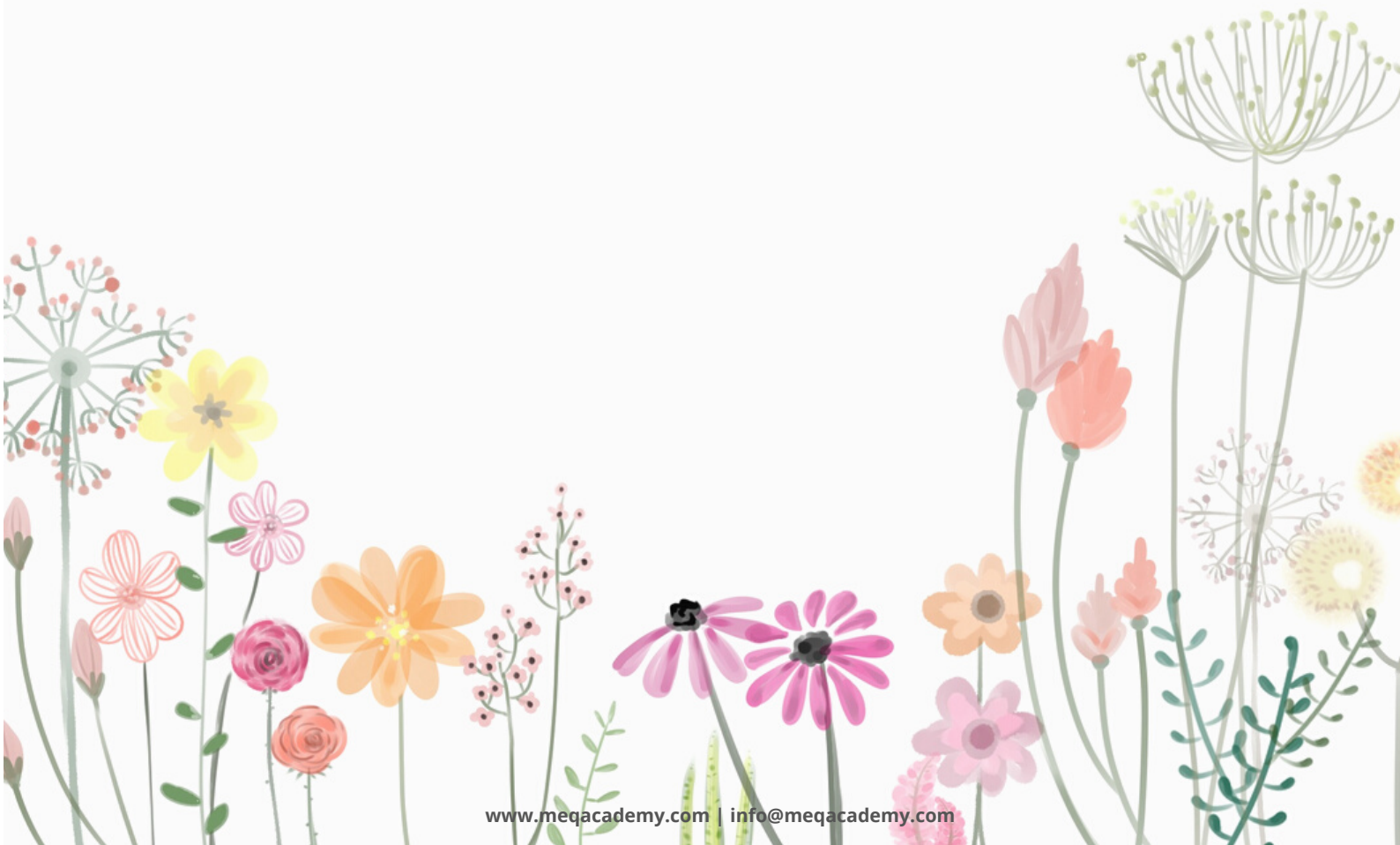
Choose a chart/post-it note and list down their positive qualities. Now post-it behind their back.



What do you like about every family member?

Upcoming MEQ Events & Trainings

- **EI for ALL - Master Series 7**
- **Master your IKIGAI**
- **Six Weeks SEL Training for Educators**
- **Kids Life Coach Certification**



#EI FOR ALL

MASTER SERIES 12

SERIES -7

TOPIC: The power of Emotional Story Telling

Date: 10th May 2021

Day: Monday

Time: 7.00 pm - 8.30 pm IST

Virtual : Zoom platform



[REGISTER](#)

[REGISTER](#)

Ms. Yogita Bansal Ahuja

**Founder-Director at Edusaarathi Global | Social
Impact Education Startup | TEDx Speaker |
Storyteller**

Registration is mandatory



Meraviglia EQ Academy

invites you to a pathbreaking future



REGISTER

REGISTER

Deepak Varma
India's foremost Ikigai Coach

Master your Ikigai

Bonus : Stress Management Tools

May 22nd, 11 am IST

Register at

<https://imjo.in/QA3jdp>



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along with the mind.

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MOTIVATION.

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EQ

Gratitude

NLP

Kindness

Emotional Intelligence

SEL

Time management

Social Emotional Learning

Digital detox

Self Confidence

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children achieve their goals!**

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