

Teaching Peace in Elementary School

November 25, 2015

The New York Times:

FOR years, there has been a steady stream of headlines about the soaring mental health needs of college students and their struggles with anxiety and lack of resilience.

Now, a growing number of educators are trying to bolster emotional competency not on college campuses, but where they believe it will have the greatest impact: in elementary schools.

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“It’s not just about how you feel, but how are you going to solve a problem, whether it’s an academic problem or a peer problem or a relationship problem with a parent,” said Mark T. Greenberg, a professor of human development and psychology at Pennsylvania State University.

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“The neural pathways in the brain that deal with stress are the same ones that are used for learning,” said Marc Brackett, director of the Yale Center for Emotional Intelligence, a research and teaching center. “Schools are realizing that they have to help kids understand their feelings and manage them effectively.” He added, “We, as a country, want our kids to achieve more academically, but we can’t do this if our kids aren’t emotionally healthy.”

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To advance the science and practice of S.E.L., researchers at Yale established the Collaborative for Academic, Social, and Emotional Learning in 1994; under the leadership of Roger P. Weissberg, it moved to the University of Illinois at Chicago in 1996.

Read the whole story: [The New York Times](#)

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