

CREATING A CULTURE OF EMOTIONAL INTEGRITY IN CLASSROOMS

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Integrity is the quality or state of being complete, spiritual, organic unity and completeness. It is also a very elusive quality. Emotional integrity is the courage to acknowledge one's true feelings, wants and desires without judging them with the societal lens. Emotional integrity has two components viz self-awareness and social-awareness. The more aware we are of our own feelings, the higher the chances of managing our emotions *intelligently*. The more aware we are of others, the higher the chances to managing our relationships *intelligently*. The Emotional integrity process is designed to release the negative energetic charge from our physical body and energy field so we can embrace our divine gifts. Expressing self, self love and surrender are the three steps which help us to move towards emotional integrity. According to the International Centre for Academic Integrity (ICAI) the fundamental values of academic integrity are responsibility, respect, fairness, trustworthiness and honesty. Incorporate the teaching of these five values into the curriculum help students to discuss a variety of historical topics and current events.

Emotional literacy is a fundamental aspect of healthy child development. Children's feelings have an impact on their daily functioning, including their behavior, productivity, and creative expression. It's important that if children receive the right kinds of supports at home, school, and within their communities it will help them to foster their experiential strengths and emotional literacy. When children's emotional development is nurtured and reinforced, they're more likely to feel good about themselves. And, those positive feelings are enabling, so kids can focus more fully on learning, interacting, creating, and succeeding. Helping children build upon their essential emotional capacities will enrich their lives and empower them—motivating them now, and into the future.

Emotional integrity is a multilayered process. It is a healthy way to express our negative emotions. It allows us to create strong intimacy with our loved ones. Intimacy is creating a strong relationship with our inner selves. It begins with being connected to our emotions. Preparing for the emotional integrity process is an appropriate way to express our negative feelings too.

Ways to increase student integrity

As teachers we have a main role to increase our students' integrity. Here we discuss many ways to do it in a meaningful way.

Moral vocabulary

Inculcating moral vocabulary among the students is very essential to develop emotional integrity among the students. According to the International Centre for Academic Integrity, (ICAI) the five fundamental values of academic integrity are Responsibility, Respect, Fairness, Trustworthiness and Honesty. Teachers can incorporate these values into the curriculum and can help students to use the vocabulary to discuss the current events in the classroom itself.

Create a culture of integrity

Creating a culture of integrity in the classroom itself is essential. Teachers make integrity as a norm in their classroom. They can articulate expectations about academic integrity. Students can be rewarded for their courage, will power, hard work in addition to the conventional practices like awarding for their academic achievement or grades they receive. Rewarding the students who is keeping good relation with their classmates is a good practice to develop integrity among them. This kind of culture fosters integrity.

Help students to believe in themselves

Teachers can help the students to make them believe in themselves. Students who stand up for principles in which they believe have high degrees of self efficacy. We should make them clear that living with integrity is a true way of life. It will help them to make honest and respect personalities.

Tips for emotional integrity

1. We should always remember that painful feelings are temporary. It will go away much faster. Avoiding the pain gives it more power to us.
2. Be honest with ourselves is more important. If we are not honest with ourselves, it may hurt the people around us.
3. Take seriously our duty. It will also enhance our integrity.
4. Speak the truth with compassion and care. It will enhance the emotional integrity of a person.
5. Own our mistakes and weaknesses. It is far more honest to accept and face them than to ignore or hide them.

Eight Practical Tips for Parents

Emotional literacy is a fundamental aspect of healthy child development. The following suggestions are for parents who are seeking to help kids strengthen their emotional capacities:

- * Pay attention to children's reactions and behaviors (such as acting out, depression, aggression, procrastination, arrogance, or introversion).
- * Help kids recognize the causes that underlie the feelings they're experiencing. (For example, fear, guilt, joy, embarrassment, jealousy, confusion, disgust, grief, hope, frustration...) Encourage them to name and to acknowledge those feelings in order to gain self-awareness.
- * Talking about emotions with others can be an effective way to deal with them. So be available to chat with kids. Listen carefully to what they have to say. Offer comfort.
- * Model and reiterate the benefits of thinking things through. Children may need relaxation, unstructured play, fewer demands, music, or alone time in order to calm down, get a handle on what they're feeling, and consolidate their thoughts.
- * Help children develop the ability to deal effectively—and creatively—with setbacks, and also with changes and transition times.
- * Because relationships with family and friends affect the way we feel. Friendships can also be very supportive. However, relationship-building involves social skills. Parents can help children hone these skills by ensuring they have ample opportunities for active play, sharing, appreciation of diversity, consistent routines, collaboration, role-playing etc.

* Children often face uncertainties, have to cope with competitive environments or situations, or meet difficult expectations. Many kids struggle with confidence. Help them believe in themselves. Their self-regard is based on many factors—and these factors may be internal, external, big, small, anticipated, unforeseen, and so on. Reinforcement and encouragement from parents can go a long way toward strengthening children’s self-esteem, and instilling feelings such as optimism and relief.

* There are certain non-negotiables that fortify children’s emotional development and sustain their well-being.

Conclusion: It is important that children must receive the right kinds of supports at home, school, and within their communities in order to foster their experiential strengths and emotional literacy. When children’s emotional development is nurtured and reinforced, they’re more likely to feel good about themselves. And, those positive feelings are enabling, so kids can focus more fully on learning, interacting, creating, and succeeding. Helping children build upon their essential emotional capacities will enrich their lives and empower them and motivating them into the future.

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