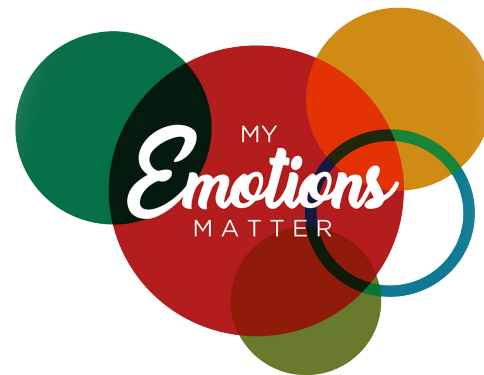


What Emotionally Intelligent Teachers Do When Teaching Virtually

A guide for teachers



#EMOTIONALINTELLIGENCE #MYEMOTIONSMATTER

www.myemotionsmatter.com

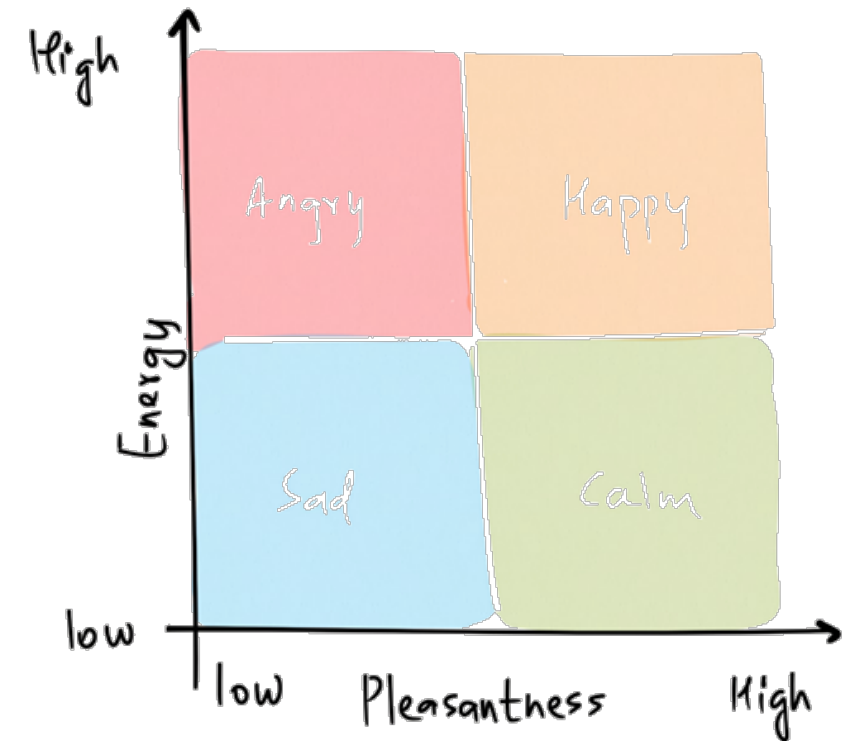




Online teaching/learning can be interesting yet confusing and frustrating at the same time; especially during times of crisis. However, with the help of Emotional Intelligence: being aware of our emotional states and that of our learners, we can contribute to a positive teaching/learning climate in our virtual classrooms. With an Emotionally Intelligent Mindset, teachers understand that everyone in the classroom, including themselves, are humans with their own needs, objectives, and challenges. This mindset helps foster greater self-understanding and empathy for effective teaching/learning.

Before the virtual session

1. Start with yourself. Check-in on your emotional state: How are you feeling? You can use this Mood Meter developed by the Yale Center for Emotional Intelligence to locate your emotional state.



THE MOOD METER

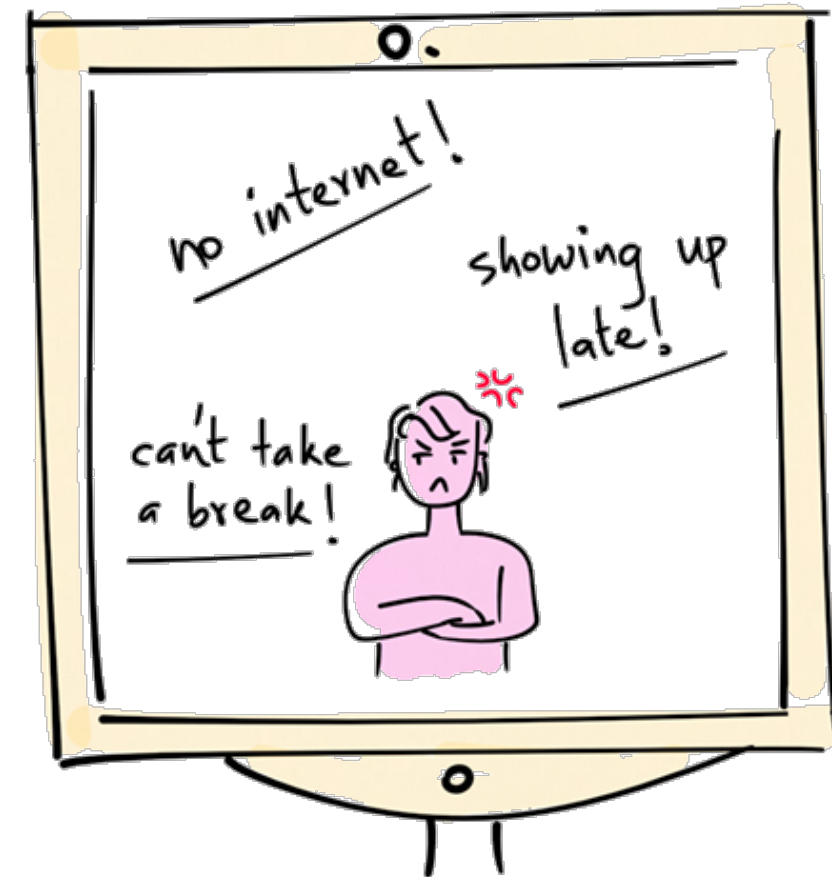
2. Remember, emotions aren't good or bad. They are useful data. Even if you find yourself in the Red or Blue zones, acknowledge your feelings. Don't deny them.



Before the virtual session

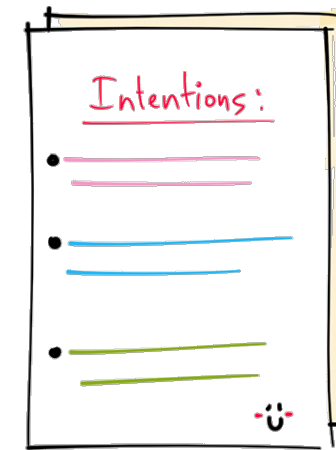
3. You can shift from the Red or Blue zones in the Mood Meter by following different emotional management strategies like:

1. Mindful breathing to calm the body and the mind
2. Forward-looking strategies: Identify what might potentially trigger you during the online session so that you can avoid/alter the environment
3. Attention shifting strategies: Divert your attention for the time being so that you can remain focused on the task at hand, i.e. taking the class successfully
4. Cognitive Reframing: You can transform your interpretation by choosing to focus on the positives of whatever you might be going through
5. Visualize your best self so that you have a fine reputation to live up to. Ask yourself: what would my best version do in this situation?



Before the virtual session

4. Set your intention for the session. Yes, times are hard but you're here to help students learn because learning never stops!



5. Make sure that you have everything ready before settling into a quiet space to yourself to facilitate the online session.

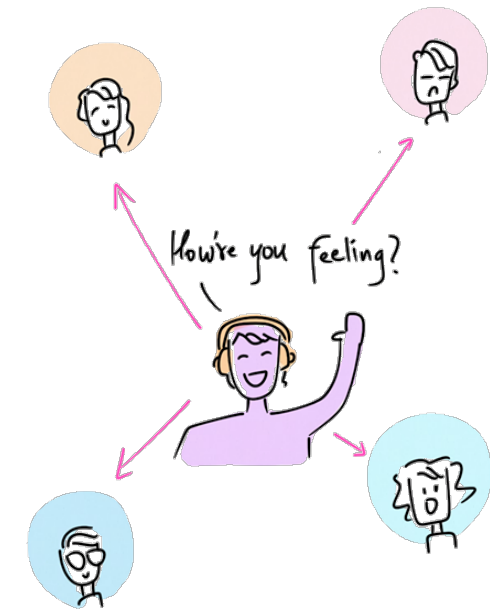


6. Take three deep breaths, smile and now you are ready to start the session!

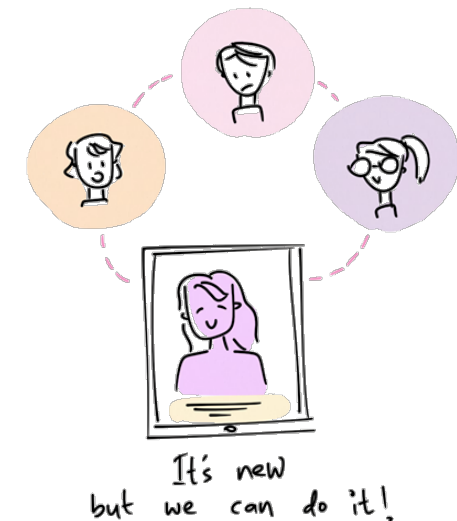


During the virtual session

1. Start the session by checking-in on the emotional state of your students. You can use the Mood Meter to help students locate their current feelings.

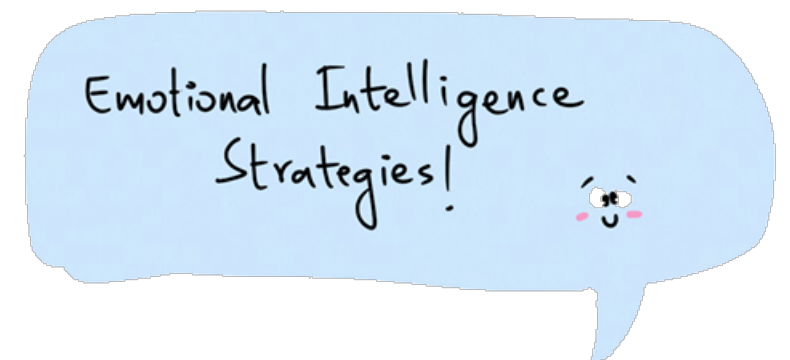
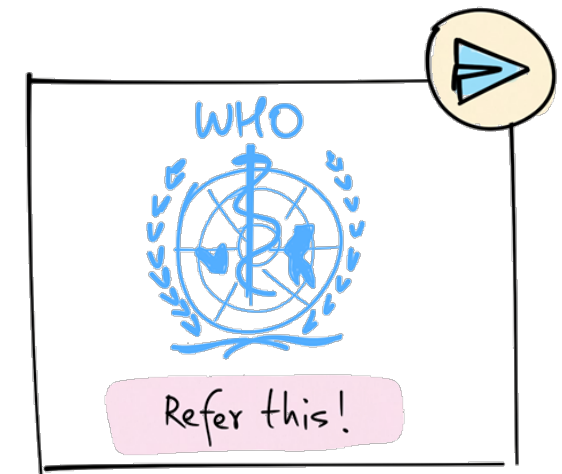
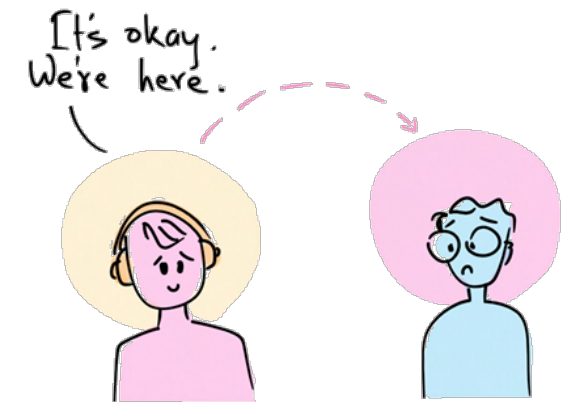


2. Acknowledge the fact that online teaching/learning is new for both you and your students. State your intention for the class so that students get a sense of your commitment to creating a meaningful learning experience for them.



During the virtual session

3. In case you sense anxiety and panic among students, acknowledge their feelings and needs.
4. Refer their pandemic related queries to relevant sources. If you aren't sure how to handle certain queries, it is okay to admit that you don't know!
5. Refer to the emotional management strategies outlined in the previous pages in case you notice that you need a shift in your emotional state.



After the virtual session

1. Check-in on your emotional state: how are you feeling?
2. Do a quick reflection: what went well and what could be done better next time?
3. Reach out to our dedicated Pedagogy/Technical team in case you require any support.
4. Practice positive self-talk by reminding yourself that you are also new to the teaching/learning process and that there's always a next time to improve.

