

DIVERSIVE

Edition 15 - December 2023

ALL WORK & NO PLAY

By Bhavya Paruthi



All work and no play makes Jack a dull boy.



Above is a famous proverb that signifies that a person who never takes time off, is both boring and bored. Well, I would say, the person is not only dull in terms of being uninteresting but they might lack an understanding of many essential life skills.

That is where the updated version of learning which is pretty handy, comes in by the name **Socio-Emotional Learning**.

SEL emphasizes upon learning social and emotional skills in life. It is just as important as learning any other academic operation, like reading or writing.

It is important to learn the social skills since young age and which is pursued throughout adolescence when majority are impacted by the emotional upheavals. Socio-emotional learning nurtures the social and emotional skills of the child. Thus, SEL becomes essential for success in all areas of life.

With SEL, students learn to manage their own emotions and behaviours, have empathy and concern for others, solve problems effectively, make responsible decisions, and maintain healthy relationships.

Students learn to recognise their own emotions, positive or negative, while learning to come up with effective ways to deal with them. They learn coping strategies that work the best for them, they learn how to take a step back, and take a deep breath whenever they feel overwhelmed.

They also recognise other's emotions leading them to become both, active listeners as well as effective communicators which are essential life skills.

SEL also proves to improve academic performance and promote healthy & desirable behaviour in children.



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Results: Writing Contest

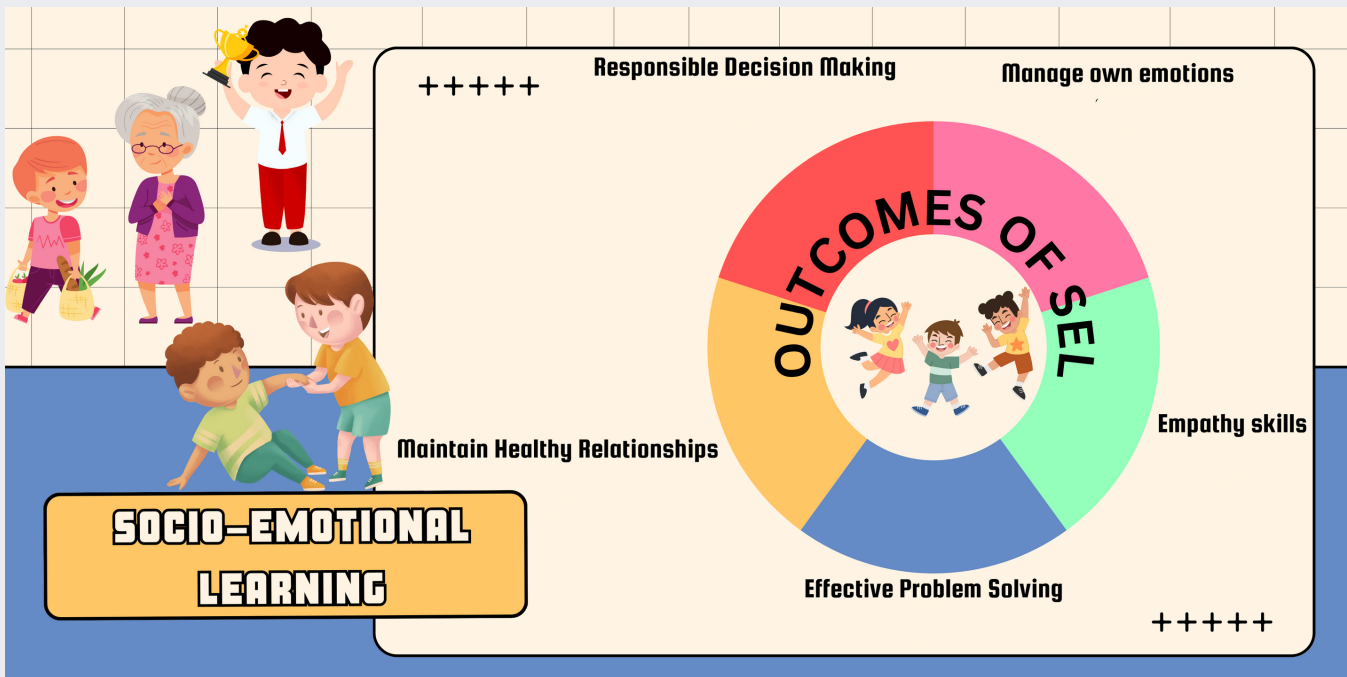
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PUBLICATIONS



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Most importantly, Socio-Emotional Learning allows students to be self-confident, have a greater sense of self-esteem, and a positive identity which helps in overall decision making and choosing the path to one's own future. So, don't just teach your children to be good at academics, instead encourage them to increase their social and emotional skills in order to succeed in all facets of life.

WINNERS OF THE STORY WRITING CONTEST

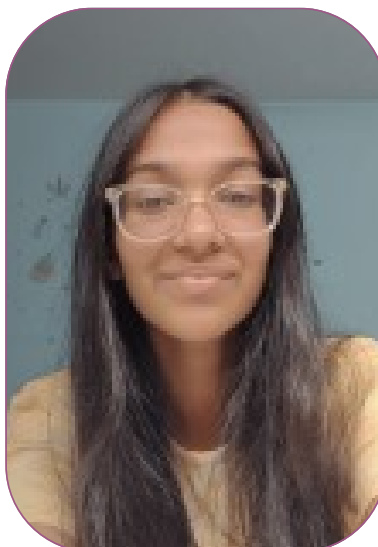
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Theme - The Happiest Day of My Life



Anvie Naik
13 years | USA



Aanya Gupta
13 years | India



Aayusha Chaudhary
13 years | Nepal



RIEDU INSPIRE SERIES

DIARY ENTRY

By Barminder Kaur | 13 years, India

Dear Diary,

The day has come when all the specters and spirits in my head leave me alone.

When people quell their purblind behavior towards our grief and stop trying to aid bullet holes by liking a "Palestine-Israel Conflict" Video on their phone.

The wanderer within me has risen again. And so, with wander lust in my eyes, I look up at the ocean-blue sky.

But this time, without an urge to withdraw, for they'll assail me with a missile.

A serene breeze surrounds me again as my fulminating spirit has attained peace.

Benevolence overpowers antipathy, while the little sparrow is granted freedom to chirp and spread her own lord's word without having to pay a hefty fees.

The fear of waking up to the face of death in the name of war has vanished away.

And to the tunes of eternal peace and evergreen mirth, my body sways.



RIEDU CONTESTS

ONGOING CONTEST

Use your imagination to show us "The Happiest Day of Your Life".

You can create a Paint, Doodle, or Sketch

Scan for Details



Criteria:

Age: 10 - 15 years (Both Inclusive)

Theme: The Happiest Day of My Life

Artwork Format: Painting/Doodle/Sketch

Contest Duration: 1-15 Dec, 2023



UPCOMING CONTEST

It is the season of joy! Let the Christmas Tales Unfold 🎅

Criteria:

Age: 10 - 15 years (Both Inclusive)

Theme: A Christmas Story

Word Limit: 250 - 300 words

Contest Duration: 16-30 Dec, 2023

