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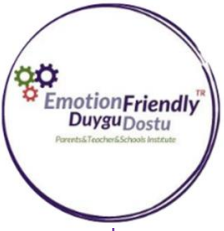
**‘Emotion-Friendly
Educational
Awareness Day in
Turkey’
the first of many!**



Emotion Friendly Education Association & Emotion Coaching Turkey Institute,

It is a non-profit registry society organization established with the aim of;

- To increase awareness of social emotional learning in home and school environments in the country,
- To organize training programs to inform the public on these issues,
- To create units that will carry out academic studies, to produce projects,
- To carry out studies for the promotion, research, development and dissemination of the Emotion Coaching approach...



What is «Emotion Friendly Education Awareness Day»

- Initiated by the Emotion Coaching Turkey Institute, to draw attention to social emotional learning in all areas of life and the role of emotions in education-development; is an event carried out to create social awareness.
- In the study we carried out for the first time in 2022, emotion-friendly educational activities were carried out in schools and homes in many different cities of our country.
- Every year on June 1, we aim to celebrate the Emotion Friendly Education Awareness Day traditionally in the whole country and even in the world.

How did we prepare for the Emotion Friendly Education Awareness Day?



- Before the June 1st Emotion Friendly Education Awareness Day, we made many calls through social media and tried to attract the attention of early childhood educators and teachers by informing them.
- On June 1, we shared emotion-friendly activity suggestions and visuals with teachers and parents who volunteered to participate in our study.

How did we prepare for the Emotion Friendly Education Awareness Day?

- During the event, all children and teachers/parents should wear a badge on their collars, and/or a stick hand banner,
- We suggested that they prepare a photo corner and/or frame.
- We sent an information note to everyone who participated in the study.



What is an Emotion Friendly Activity ?



- They are game-based educational activities for children aged 3-12, developed by the experts of our Institute on subjects such as «social-emotional learning, emotion regulation, emotion awareness»...

Emotion-Friendly Activity Implementation Process

1. Step- *Starting with the Circle of Emotions and the Song*
2. Step- *Mindfulness activity*
3. Step- *Making a Mind Bottle (art activity)*
4. Step- *Emotion Basket (Big Group Game)*
5. Step- *End with Assessment Sharing*

VAGUS AKTİVİTE ETKİNLİĞİ

BEŞİK GİBİ SALLANMA



- Yere sırtüstü yatın.
- Dizlerinizi göğsünüze doğru bükün.
- Kollarınızı ve ellerinizi dizlerinizin altına koyun.
- Yavaşça sırtüstü öne-arkaya doğru sallanın. Bu sırada ayaklarınızın yere değmesine izin vermeyin.
- İleri geri sallanmaya devam edin

Ya da

ELİMDE DOLAŞIRKEN NEFES ALIYORUM



- Çocuklara farklı şekillerde nefesin kontrol edebileceği söylenmelidir.
- Bunun için bir elyle diğer elinin parmakları arasında dolaşması istenir.
- Parmakları arasındaki hareketlerin; tırnaklara göre doğru gidişte nefes alma, tırnaklardan avuç içine doğru inişlerde nefes verme şeklinde olacağı söylenir.

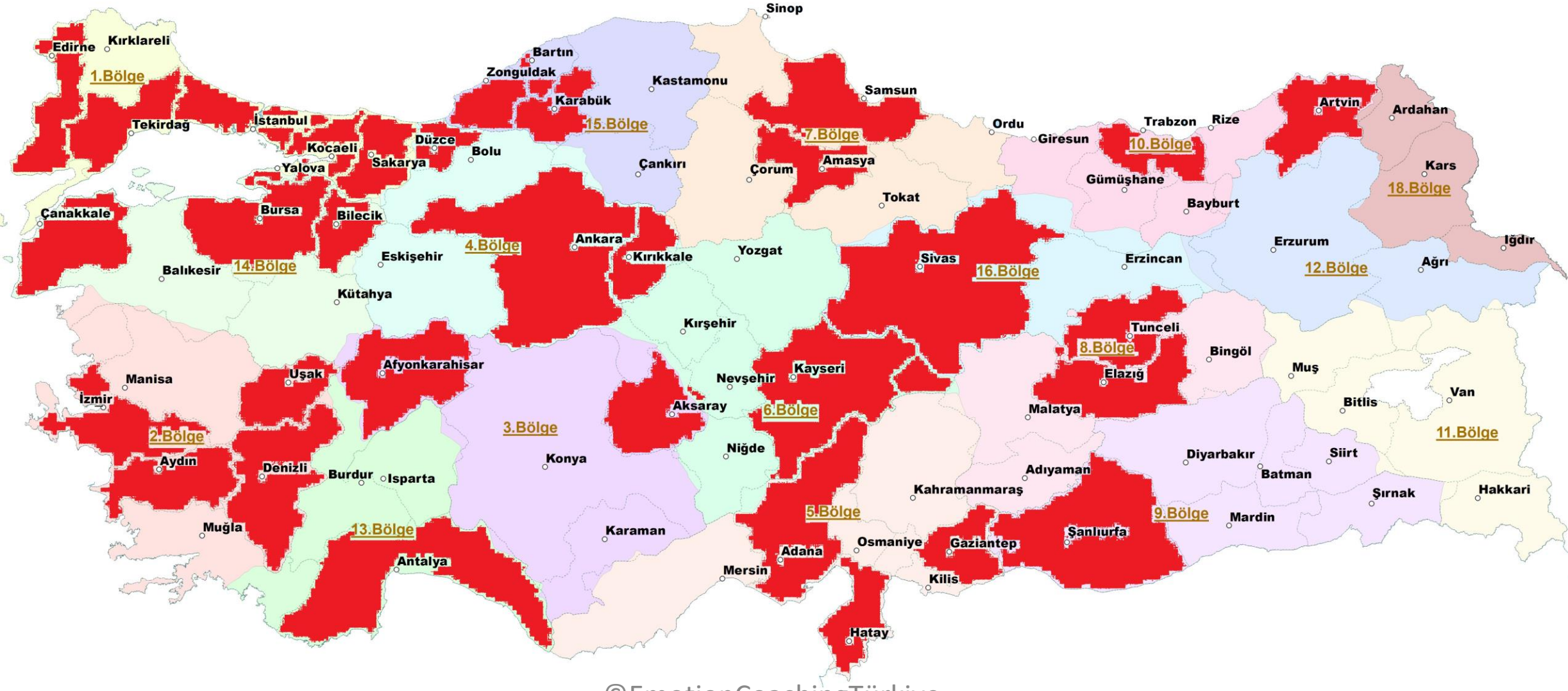


ON 1 JUNE EMOTION FRIENDLY EDUCATION AWARENESS DAY;

- Within the scope of the event, on June 1, from all over our country
- 34 different cities,
- 70 schools,
- 150 teachers,
- 78 parents enthusiastically carried out emotion-friendly educational activities in schools and homes.

In this way, we reached about three thousand children.

Participating Cities



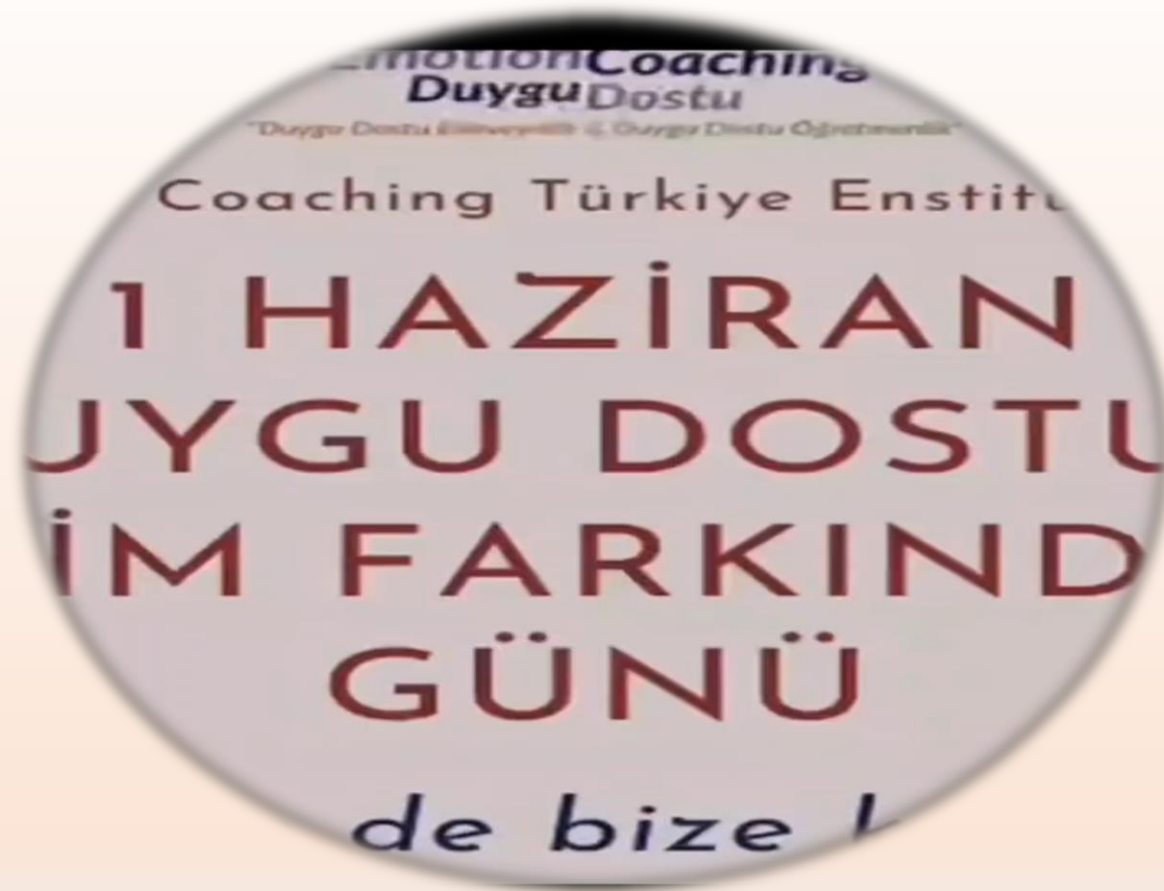
SHARING EXPERIENCE

We asked the participating volunteer schools, teachers and families to share with us the visuals of their work and games with their children on that day.



Lyrics of Our Emotion
Friendly Song:

*Emotion Friendly hour begins
Now everyone hand in hand fear joy
Joy let's hand with us...*



JUNE 1st EMOTION-FRIENDLY EDUCATION AWARENESS DAY,

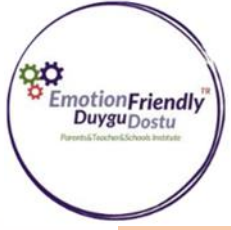
- We understood that we were able to raise awareness of social emotional learning in our teachers and parents and children from all over the country.
- We've seen that you can reach a very large audience on this issue..
- It has been a very important step to increase the sensitivity to these issues in our country.



TO BE CONTINUED...

WE WILL CONTINUE TO CELEBRATE EMOTION-FRIENDLY EDUCATION AWARENESS DAY ON JUNE 1 EVERY YEAR IN TURKEY.

At the «Emotion Friendly Education Awareness Day» that we will hold in June 2023, we will be joined **Louise Gilbert**, one of the co-founders of the EC UK Institute.



Let's join us on June 1st this year.

Let's do Emotion Friendly Education Activities with children in all countries.

Let's collaborate to draw attention to social emotional learning.

This call is open to everyone.

Those interested can contact us.



THANKS FOR LISTENING...

Thanks to for all their support and cooperation EC UK

Thanks to my amazing team @emoitoncoachingturkiye

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