

## The Role of Emotional Health in Learning and Teaching

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**ABSTRACT** Emotional health is vital in learning and teaching. Learning and teaching should take place within a healthy atmosphere. This paper sought to describe and explore the role of emotional health in learning and teaching. A qualitative approach was used. The population for this paper comprised all the Life Skills teachers in primary schools in a circuit. A purposive sample of nine teachers was used. An open-ended questionnaire was used for data collection. Data was analysed and coded thematically. The findings showed that a conducive atmosphere allowed effective and efficient learning and teaching. The findings further indicated that emotionally healthy teachers were able to enjoy teaching and that made learners to enjoy learning, whereas unhappy teachers were difficult to colleagues and also learners. In that regard, it is recommended that the Department of Education organises continuous professional development and in-service workshops for teachers. The Department of Education should collaborate with the Department of Health for support with regard to health-related trainings.