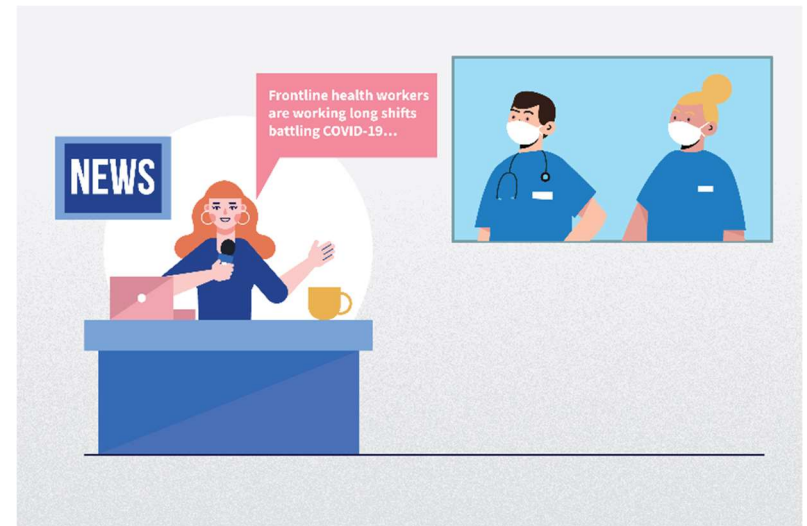


SEL Module:

Relationships

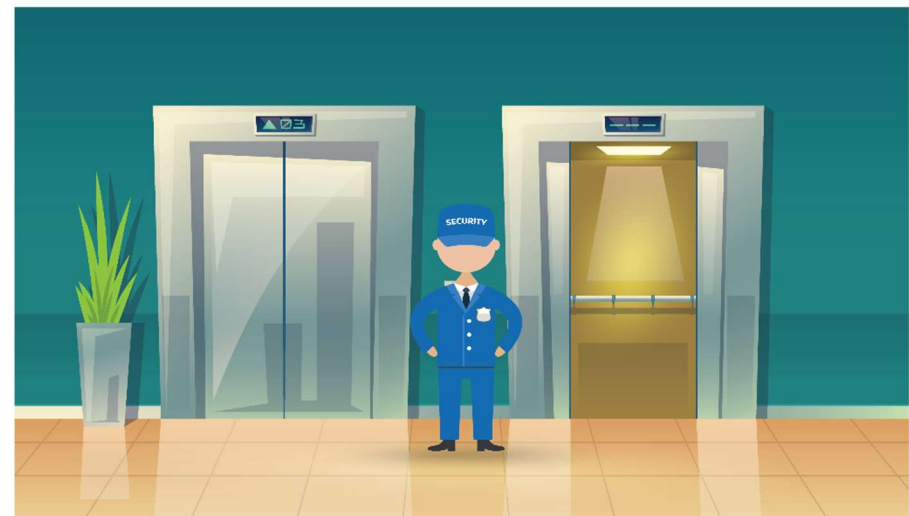
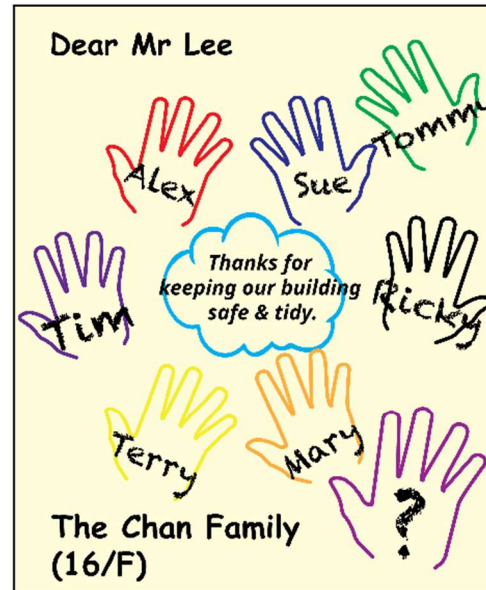
Self-management	Self-awareness	Responsible decision-making	Relationship skills: Communication	Social awareness: Respect for others
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Task Idea 1: Get inspired by today's news. Share news headlines, articles, photos or songs about how people help one another during the COVID-19 pandemic. Find a person in the community to say "Thank You" to and put your thoughts into action.



Mary, have you thought of what to say to Mr Lee?

Yes Mom! I just need your signature to finish my thank you card for the caretaker of our building.



Self-management

Self-awareness

Responsible decision-making

Relationship skills:
Communication

Social awareness

Task Idea 2: Everyone has their heroes/ids. To learn more about our family members, we can interview them about someone they admire and/or adore. This may generate some interesting conversations.



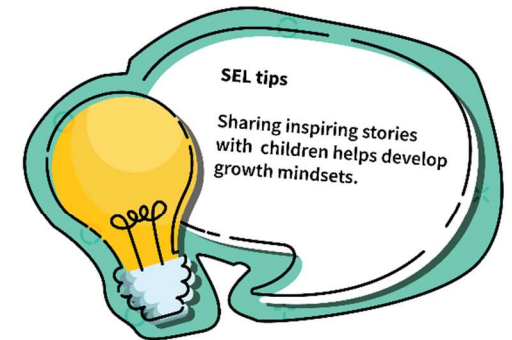
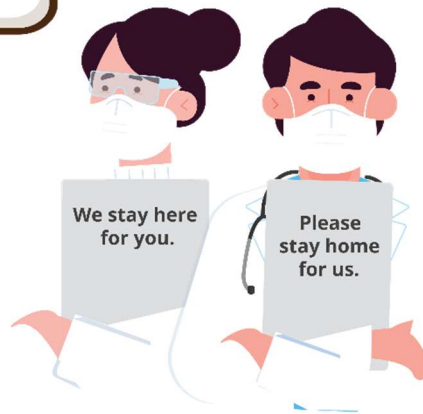
Wow! Dad, your idol was cool!
Guess I'll be just as cool.
Just found websites that
teach playing the guitar!



I couldn't believe my
ears. Gran admired
herself in her twenties.
I had a good laugh at
her octopus hairstyle in
the 1950s.



I truly admire doctors &
nurses in the isolation wards!
I can imagine how worried
their families are!



SEL tips

Sharing inspiring stories
with children helps develop
growth mindsets.

Self-management: Identifying emotions	Self-awareness: Goal setting	Responsible decision-making	Relationship skills: Relationship building	Social awareness
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Task Idea 3: Write a letter to yourself recounting one challenging experience in your relationship with someone and how you would like to cope better in this period. Come up with goals and the steps to reach these goals.



Sibling Conflict - My Action Plan

If my brother / sister starts to ...



Things I can say:



Things I can do:



People I can talk to:

Things I must remember not to ...

My goal: To resolve conflicts with my sister

When my sister starts a fight with me over the use of the computer, I feel ...

...sad because I want to spend some happy time with her.

...unfair because she always cries when she can't get what she wants. Then I have to give in.

To solve the conflict, I can...

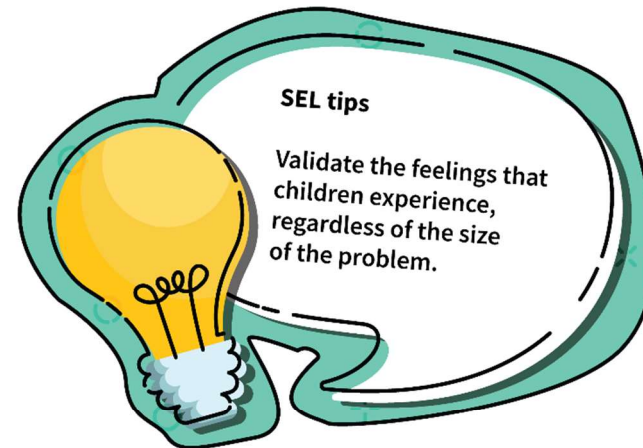
...work out a schedule of taking turns to use the computer with my sister.

...explore other alternatives such as asking Dad for help in printing out the online materials.

I can talk to...

...my sister to let her know that I want to have a better relationship with her.

...my mother about fairness in the family, when the fight gets really bad.



SEL Module:

Relationships

Task Idea 3: Write a letter to yourself recounting one challenging experience in your relationship with someone and how you would like to cope better in this period. Come up with goals and the steps to reach these goals.

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