SEL Module:

Good Habits

Self-management: Self-discipline	Self-awareness: Growth mindset	Responsible decision-making	Relationship skills	Social awareness

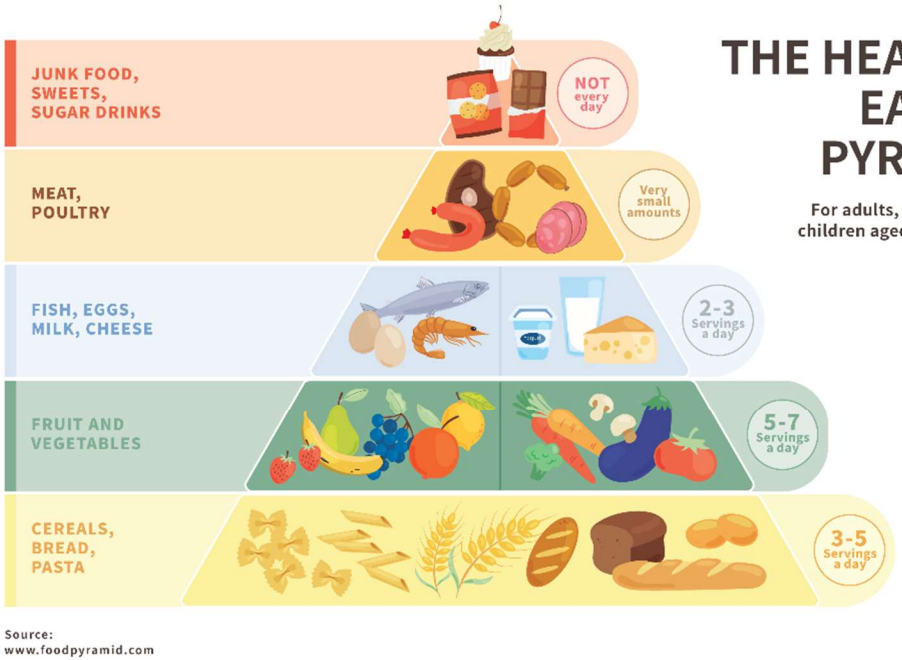
Task Idea 1a: Reflect on or create a pie chart to show what you eat for a day or week. Design a poster to help you or your family make healthier eating decisions.





Self-management: Self-discipline	Self-awareness: Optimism	Responsible decision-making: Evaluating & reflecting	Relationship skills: Communication	Social awareness

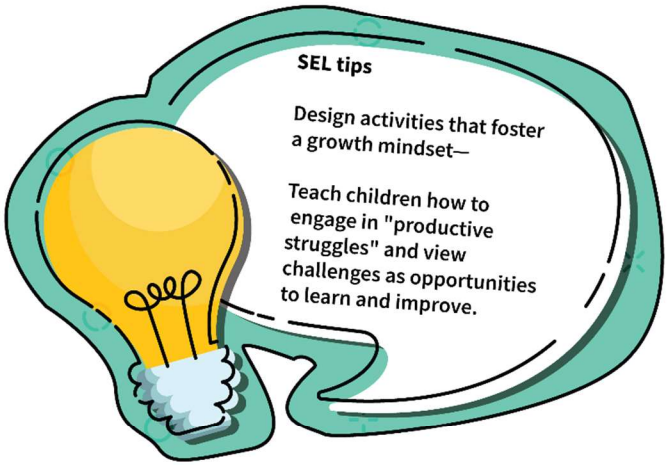
Task Idea 1b



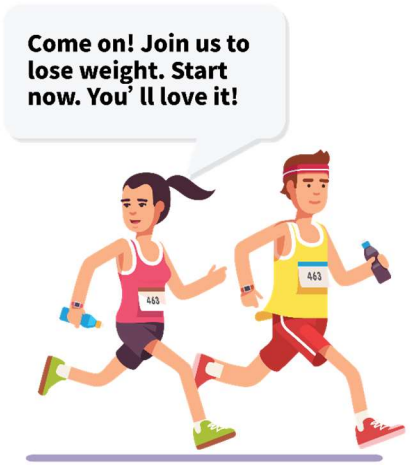
THE HEALTHY EATING PYRAMID

For adults, teenagers and children aged five and over

Source: www.foodpyramid.com

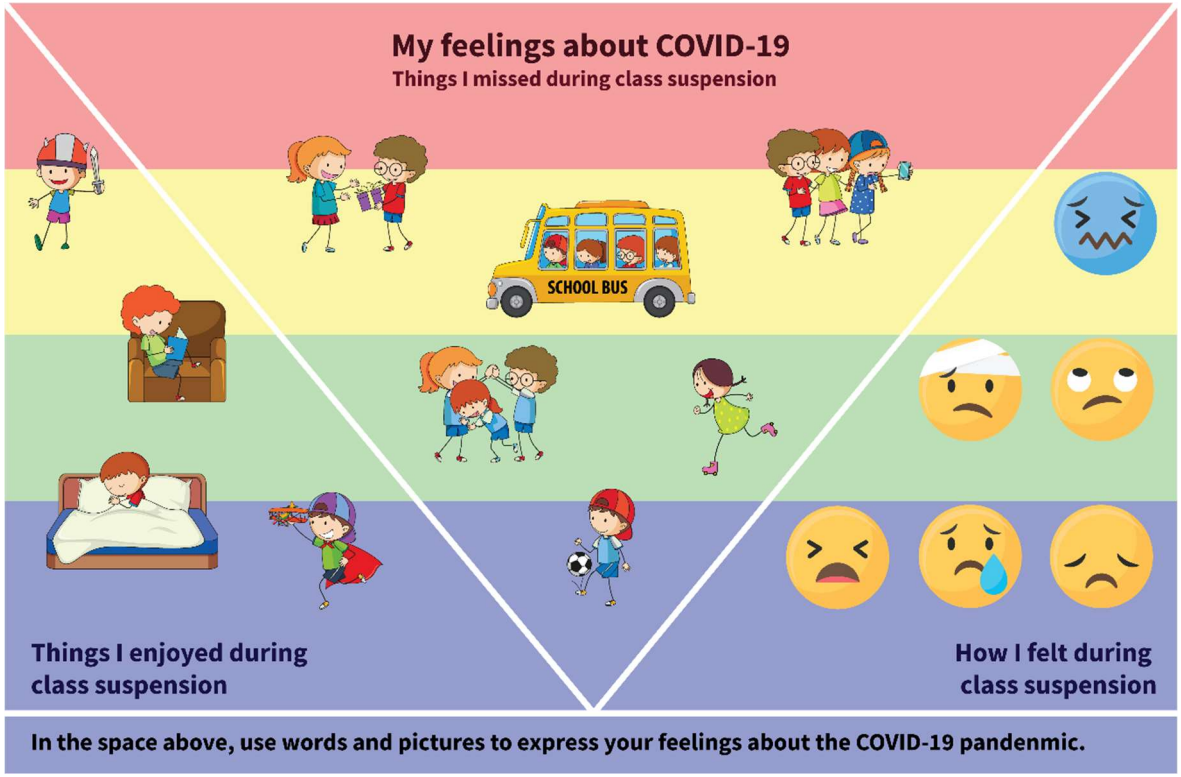






Self-management: Stress management	Self-awareness	Responsible decision-making	Relationship skills	Social awareness

Task Idea 2: Create a word wall using different colours to express your emotions during home confinement. Come up with coping tools to deal with your feelings and emotions.



Coping Tools

- ☐ Try to learn something new
- ☐ Create an origami for a family member
- ☐ Do something kind for others
- ☐ Share one positive idea with a friend
- ☐ Write a letter to yourself
- ☐ Do yoga or stretching
- ☐ Look for a way to take care of the Earth
- ☐ Build something or cook a dish
- ☐ Open the window for fresh air
- ☐ Visit photo albums and think of someone you love

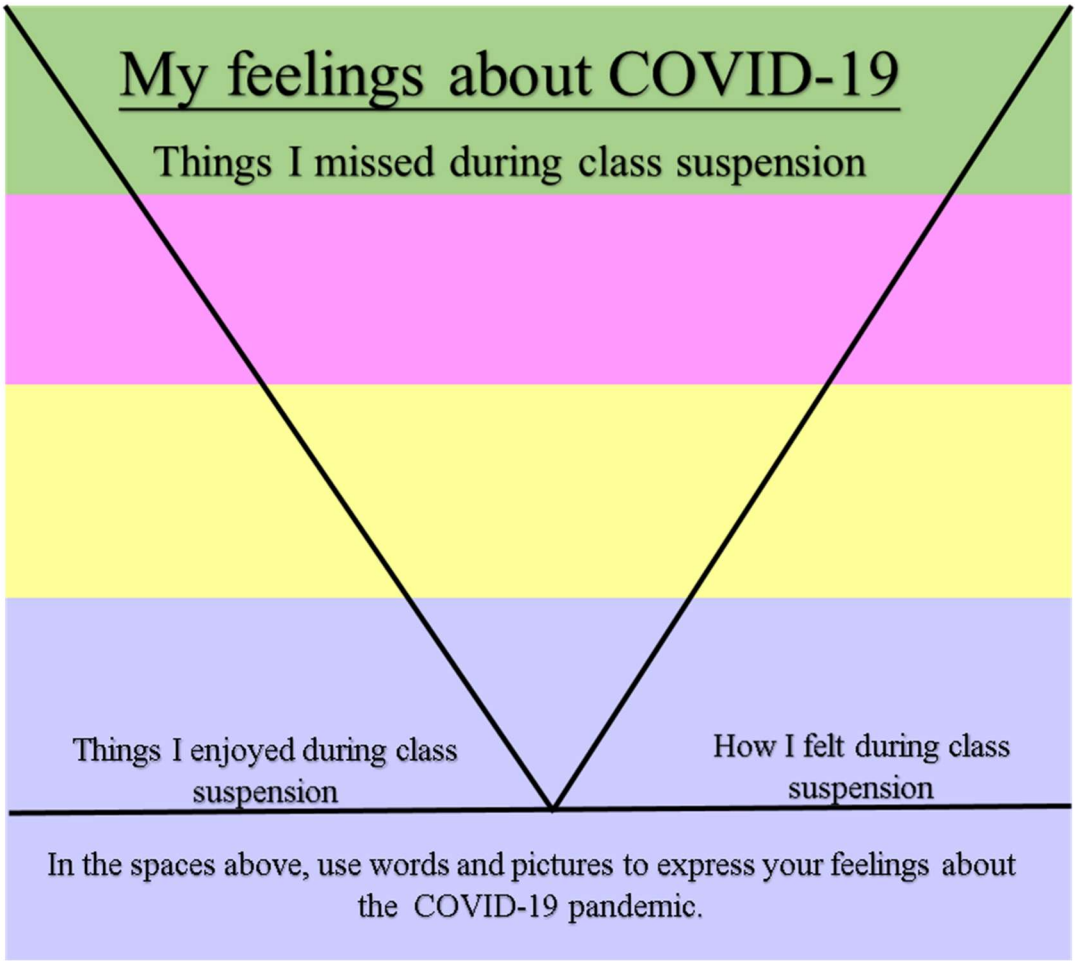




SEL Module:

Good Habits

Task Idea 2: Create a word wall using different colours to express your emotions during home confinement. Come up with coping tools to deal with your feelings and emotions.





Self-management: Organisational skills	Self-awareness: Self-efficacy	Responsible decision-making	Relationship skills: Communication	Social awareness

Task Idea 3: Organise recycling and upcycling at home with the help of your parents and siblings.

DECLUTTERING - Tips & Ideas



Step 1

Create a decluttering plan and the steps.



Step 2

Start with your worst clutter spot.



Step 3

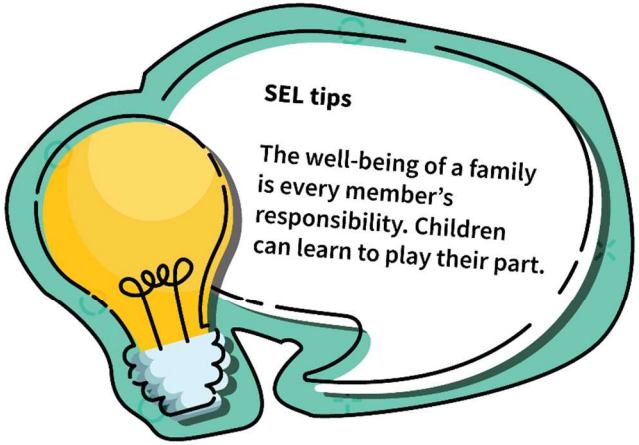
Imagine what a tidy room will look like.



Step 4

Get ready boxes and labels.


Have you ever heard of the 80/20 rule? We only use 20% of our things for 80% of our time. Let' s get rid of things that we don' t need.


SEL tips
The well-being of a family is every member's responsibility. Children can learn to play their part.

SEL Module:

Good Habits

Task Idea 3: Organise recycling and upcycling at home with the help of your parents and siblings.

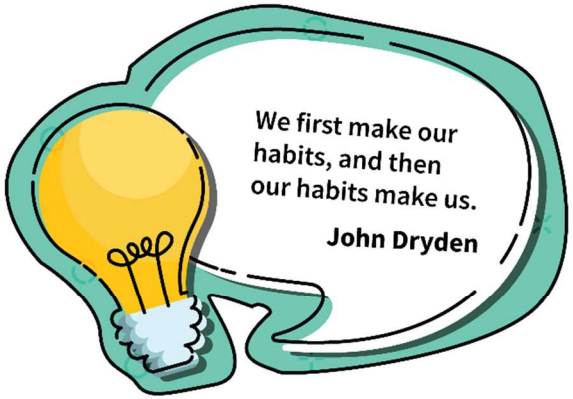


Self-management: Self-discipline	Self-awareness: Identifying emotions	Responsible decision-making: Solving problems	Relationship skills	Social awareness

Task 4: Take the chance to set rules about a healthier lifestyle for your family during the COVID-19 pandemic.







8 Habits of Healthy kids



Spend 1 hour daily on moderate exercise



No more than 2 hours of screen time every day



Eat or drink 3 low fat dairy food items a day



Talk to at least 4 different people every day



Eat at least 5 fruits and vegetables daily



Dance for 6 minutes to your favourite songs



Eat 7 breakfasts a week (Don't skip them!)



Drink 8 glasses of water per day



