SEL Module:

Growing Up

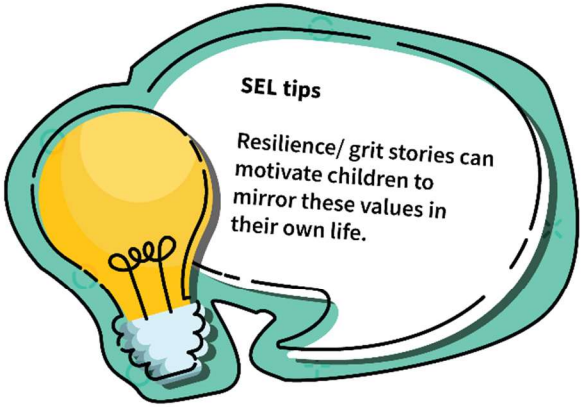
Self-management: Self-motivation	Self-awareness: Growth mindset	Responsible decision-making	Relationship skills	Social awareness

Task Idea 1: Interview your parents about a challenging experience in their life and how the experience made them better people.



"Pearls don't lie on the shore. If you want one, you must dive for it."

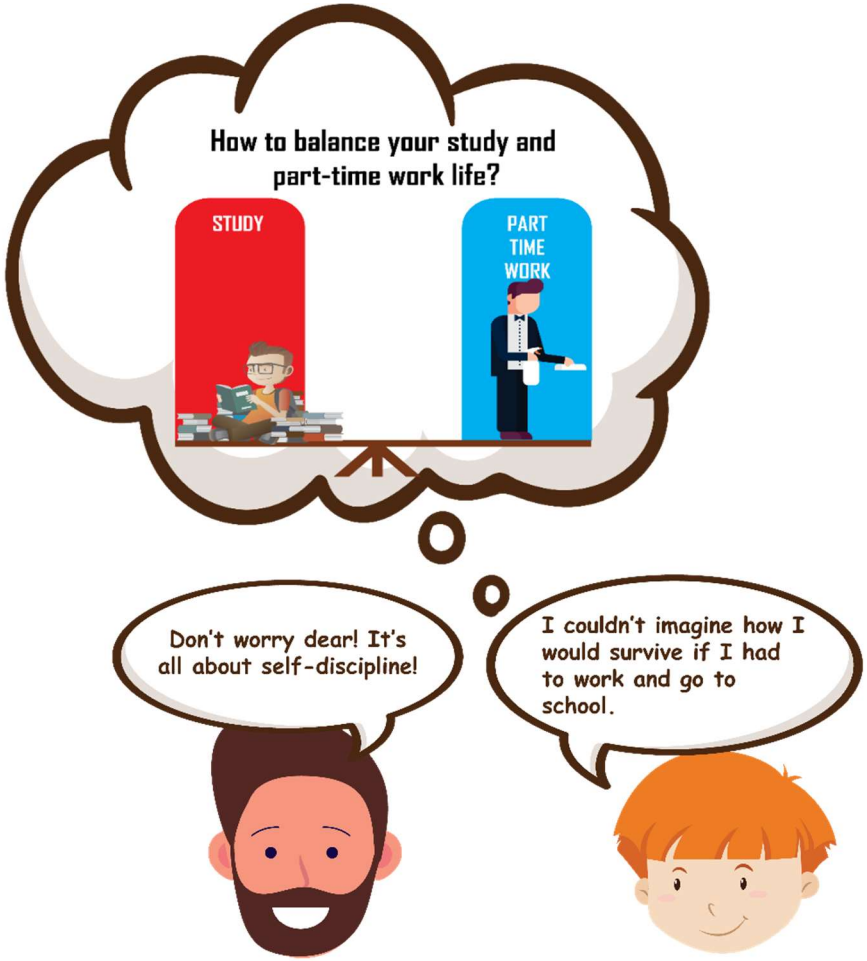
Chinese Proverb





Self-management: Goal setting	Self-awareness	Responsible decision-making	Relationship skills: Communication	Social awareness

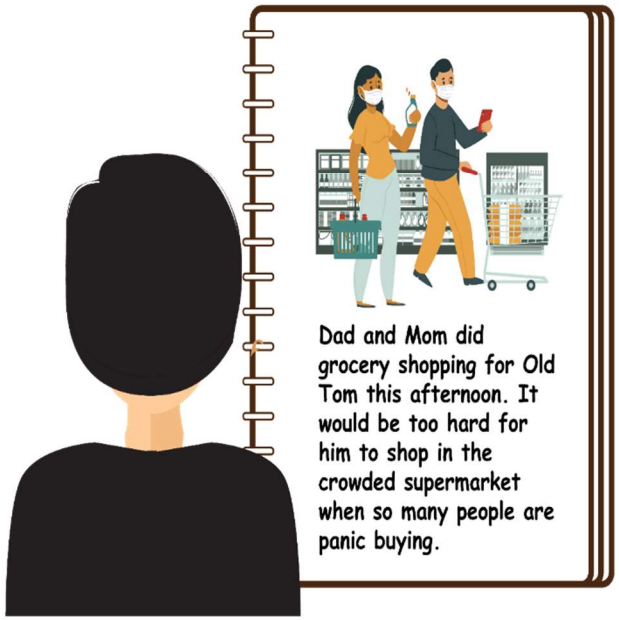
Task Idea 2: Interview your parents about an experience in their school life. Ask them to share a joke or a quote. Write or draw about a time in your life when the situation matched it.



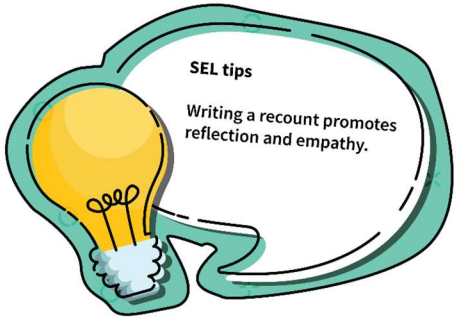


Self-management	Self-awareness	Responsible decision-making	**Relationship skills: Communication**	**Social awareness: Perspective taking**

Task Idea 3a: Think about how you/your family could help someone during this period of unusual time. Write a recount.







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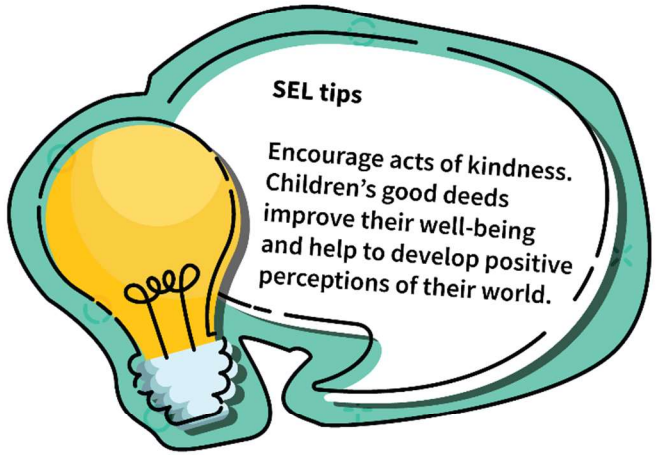


Self-management	**Self-awareness: Recognising strengths**	Responsible decision-making	**Relationship skills: Communication**	**Social awareness: Empathy**

Task 3b

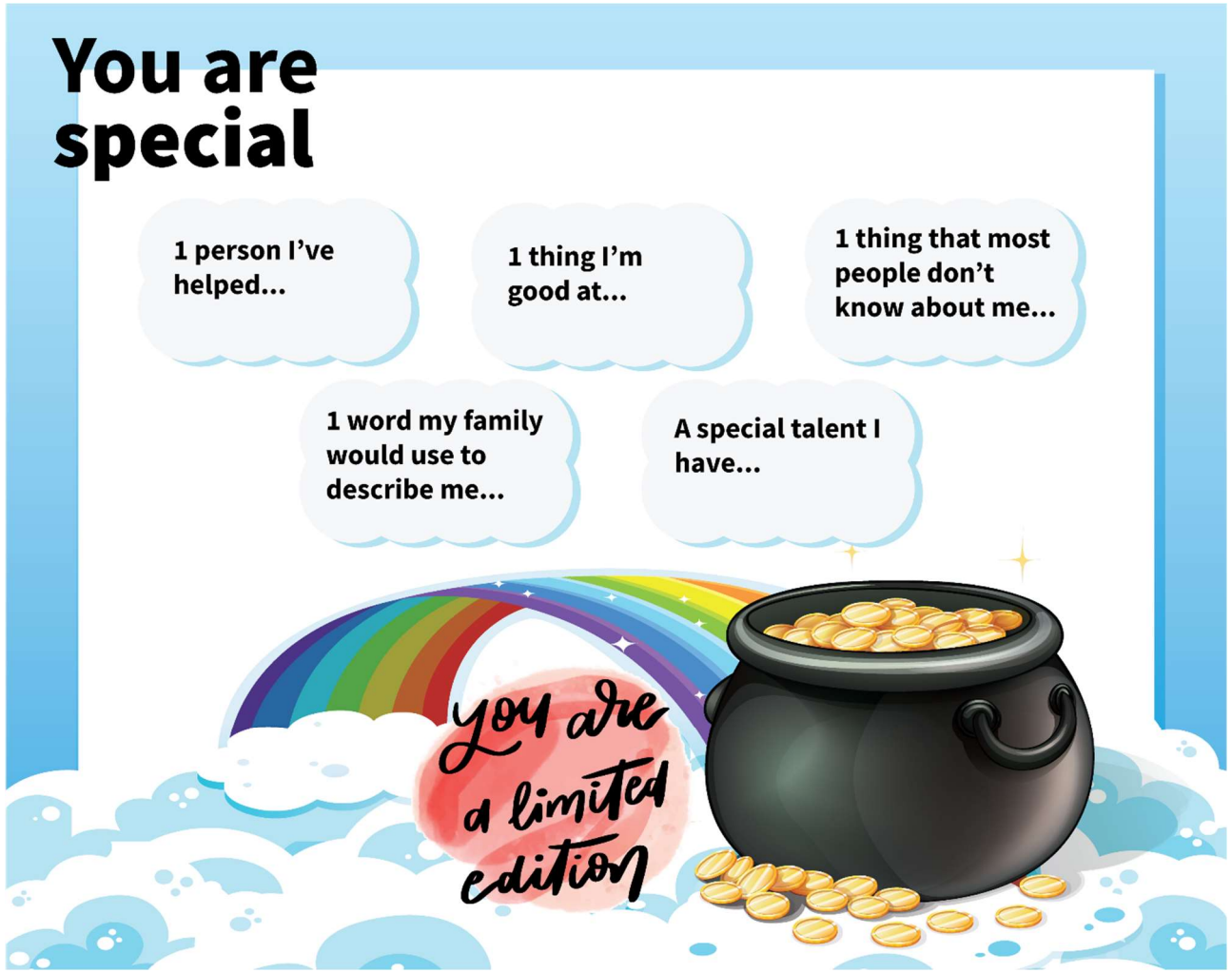






Self-management: Self-motivation	Self-awareness: Recognising strengths	Responsible decision-making	Relationship skills	Social awareness

Task Idea 4: Every human being is special in his or her own way. Draw or write about the things that make you special.



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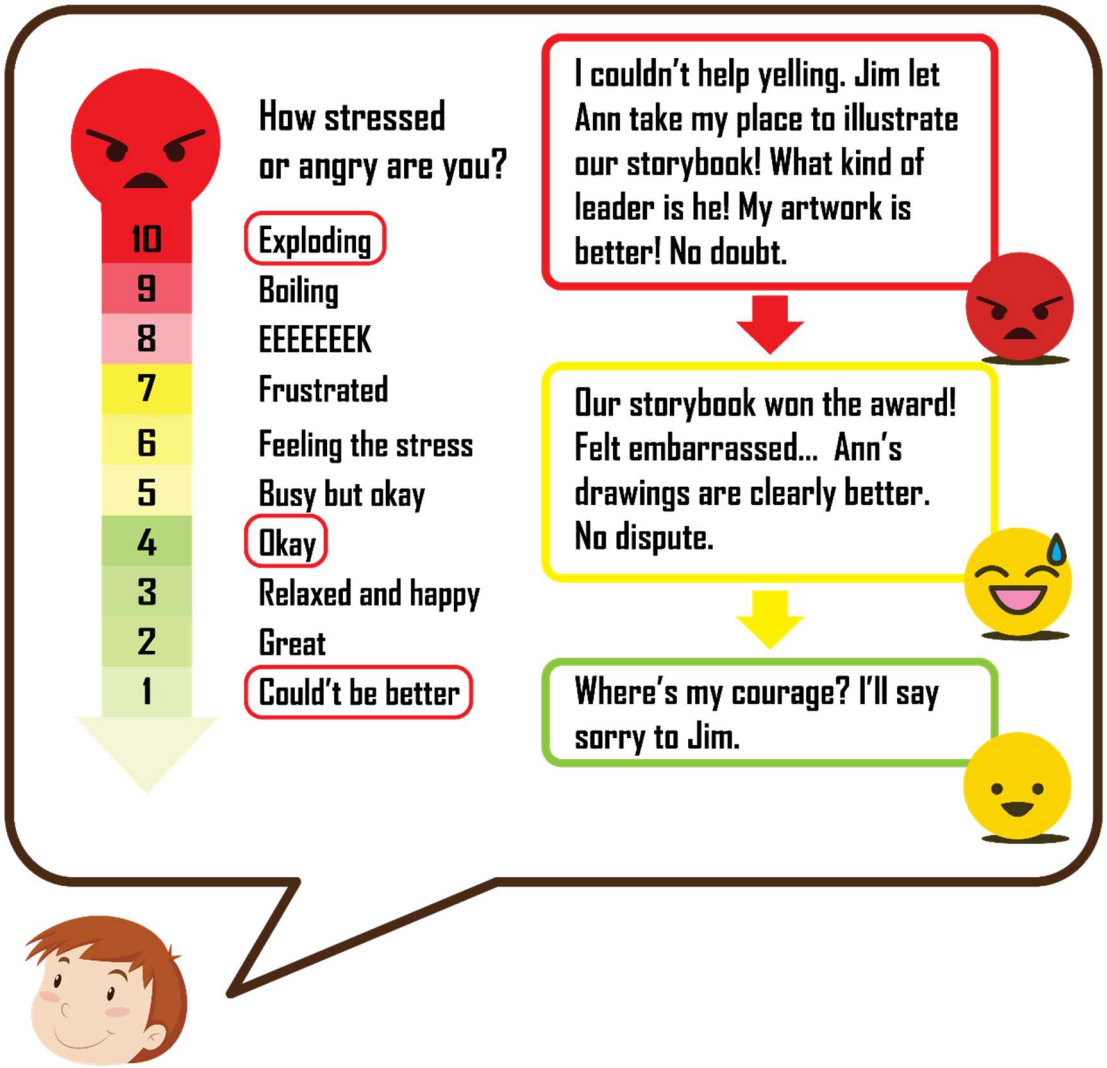
Growing Up

Task Idea 4: Every human being is special in his or her own way. Draw or write about the things that make you special.



Self-management: Stress management	Self-awareness: Accurate self-perception	Responsible decision-making: Evaluating & Reflecting	Relationship skills: Relationship building	Social awareness

Task Idea 5: Share a problem-solving experience with the help of graphic organiser.



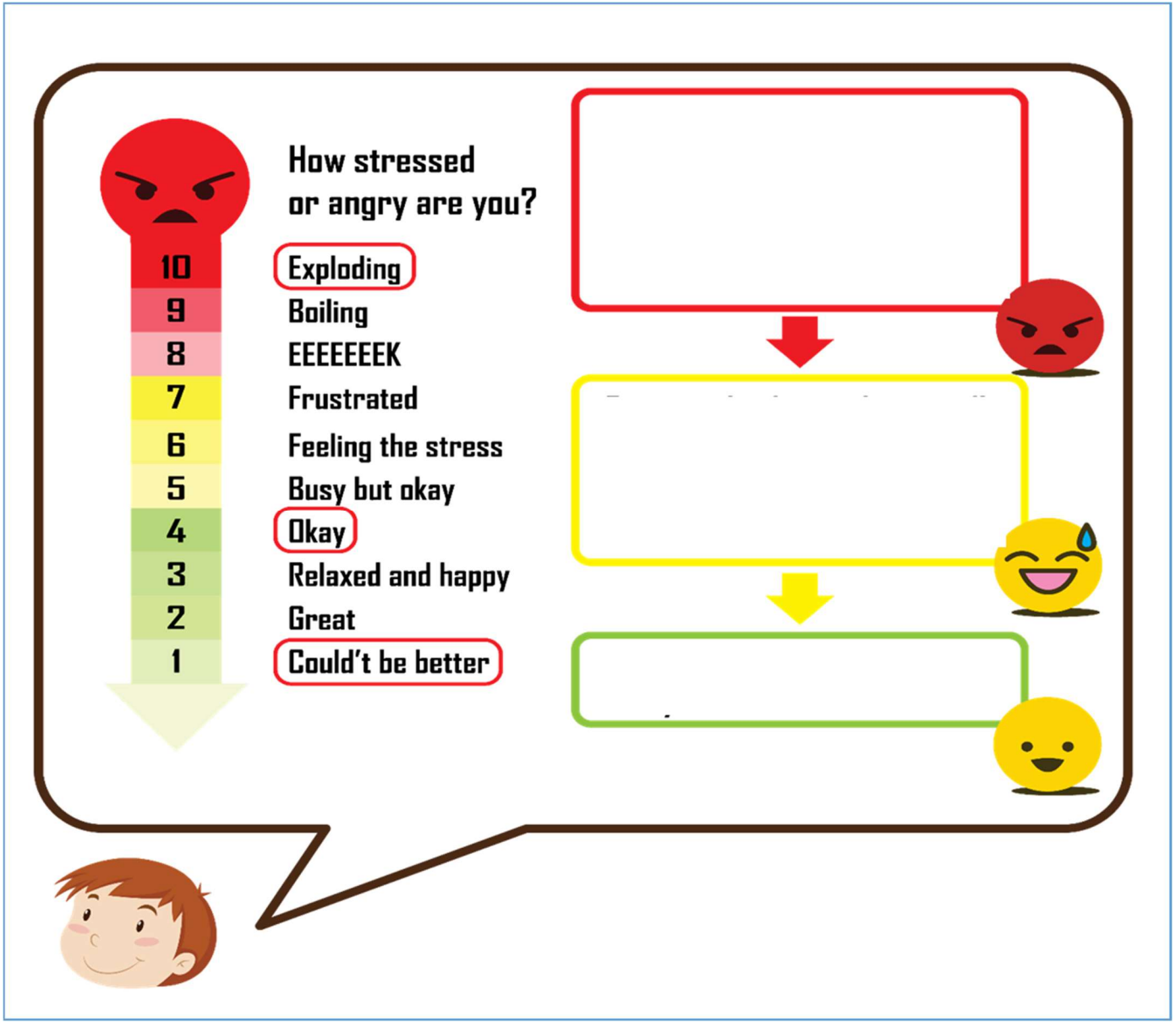
Too often we give our children answers to remember rather than problems to solve.

Roger Lewin

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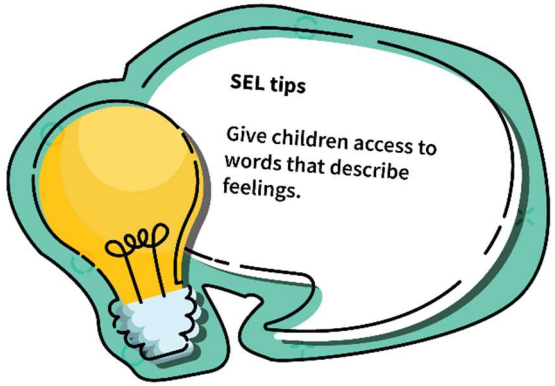
Task Idea 5: Share a problem-solving experience with the help of graphic organiser.



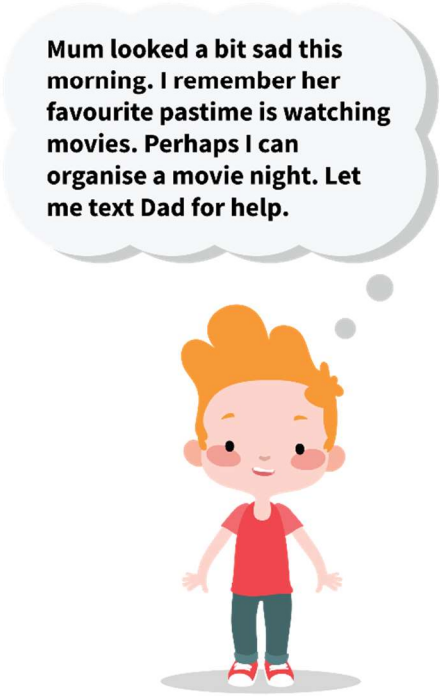
Self-management: Identifying emotions	Self-awareness	Responsible decision-making	Relationship skills: Communication	Social awareness

Task Idea 6: Interview family members about what causes them different feelings. Create a family treasure chest by putting in the things which make family members happy.









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