

- What can we do when our head tells us to focus on the bad bits? (We can tell an adult, sing a song, try to do something else to distract ourselves, think of happy memories, think about the good bits instead...)
- So when your head tells you these things, how can you talk back to it?

5. Start by singing and dancing to 'Hakuna Matata'.

6. After the song, ask the learners the following questions:

- Do you know what Hakuna Matata means?
- Why do you think the animals in the song sing Hakuna Matata to themselves?
- Can you think of any other positive things we can say to ourselves to help us look at the bright side?

7. Split the learners into groups and ask each group to create a brief role play using a positive statement that you discussed.



Take Home Activity

Learners can think of all the good things about this month and draw them on the activity sheet.

THE GOOD THINGS ABOUT THIS MONTH



To parents:

Remind your child that one way we can look at the bright side is by looking at all the good things in our life. Ask him/her to mention all the good things about the month you are in and draw them below:



Mindfulness

- Becoming more mindful & aware of present thoughts, emotions, and behaviour
- Enhances attention & awareness
- Increased emotional regulation, calmness, social competence & optimism
- Decreased negative emotions & stress

Example

Breathing, Sensations, Mindful Sitting & Movement

Sit or lie down comfortably.

Take a breath, and breathe out again.

Take a deeper breath, and breathe out again.

Take a breath and concentrate on your breathing. Where is the air coming in and where is it going out? Feel the air in your lungs. Put your hand on your stomach, can you feel your stomach breathing? When you breathe in, your stomach widens, and when you breathe out your stomach flattens.

Now lie still for a while and just concentrate on your breathing. Let your thoughts come and go, try not to pay attention to them, just sit or lie and breathe and concentrate on your breathing.

Mindfulness activity



Story telling

- Sherlock & Zelda are protagonists in Early Years & Early Primary
- Stories based on current real life resilient persons, country traditions, legends and folktales in Late Primary
- Learners explore thoughts & feelings related to the theme through the story

How to use the stories



Music



Story telling

- ✓ Stories about Sherlock & Zelda

✓ Biographies of resilient figures

STEVE JOBS

After graduating from high school, Jobs enrolled college only to drop out 6 months later. In 1974, Jobs took up a position as a video game designer but he left after several months. When he was just 21 years old, Jobs and his business partner Steve Wozniak started Apple Computers. In the years that followed, Apple Computers grew to be a very successful business. However, the business was not competing well with some other computer companies, and Jobs left Apple in 1985 to begin a new hardware and software company called NeXT, Inc. The following year Jobs bought a company, which later became Pixar Animation Studios which went on to produce popular animated films such as Toy Story, Finding Nemo and The Incredibles. Some years after, Jobs returned to Apple as its CEO, and was responsible of putting it back on track. Apple introduced the Macbook Air, iPod, and iPhone. On October 5, 2011, Apple Inc. announced that its co-founder had passed away. He was 56 years old.



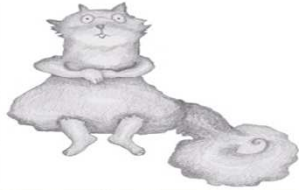
Practical activities

- Collages and posters
- Arts & Crafts
- Music & rhythm
- Songs & poems
- Dance & movement
- Questions, reflections, & discussions
- Role plays
- Games
- Group work
- Activity sheets



I HAVE PROBLEMS AND SOLUTIONS

When I have a problem I need to remember that I can find solutions!



I HAVE THIS PROBLEM:



I FOUND DIFFERENT SOLUTIONS:

1

2

3

To parents: Your child brought the activity sheet he/she filled at school to discuss with you. Together, think about other possible solutions to solve it.











