



Socio-Emotional Learning

For 6 to 10 year-olds

Learning Resources that build socio-emotional skills and raise self-awareness.





Level 1 and 2 Workbook 1

About Us



The **Education Above All** (EAA) Foundation is a global education foundation based in Qatar established by Her Highness Sheikha Moza bint Nasser. EAA envisions bringing hope and real opportunity to the lives of impoverished and marginalised children, youth and women through provision of quality educational opportunities.

EAA's Innovation Development Directorate (IDD) developed the **Internet Free Education Resource Bank** to offer hundreds of screen-free, low-resource educational resources that are interactive and develop essential skills in our learners. We are constantly adding to our open-source content that is available in multiple-languages for multiple-ages, accessible on our website: <u>www.resources.educationaboveall.org</u>

We developed the **Learning Packages** in multiple formats for ready-to-use and students facing curated learning experiences with the following features:

	Screen-Free	In	terdisciplinary	Student-Led
	Hands-On,		21 st Century	Fun and
	Minds-On Activities		Skills	Engaging
C C*	Mapped to Curricular		For Remote or	Holistic
	Outcomes		In-person learning	Learning

Designed as workbooks, the Learning Packages are available for different tracks 2- to 14year-olds for holistic development with a focus on a specific subject area. This learning package is focused on Social-Emotional Learning, co-created with Amal Alliance.

Amal Alliance aims to empower displaced and disenfranchised children through holistic education and social development programs within four areas of focus: 1) Social-Emotional Learning, 2) Psychosocial Support, 3) Early Childhood Development, and 4) Peacebuilding. Amal's trauma-informed social emotional learning (SEL) programs enhance cognitive, interpersonal, and emotional skills through informal education and structured play. Colors of Kindness is an Education in Emergencies award winning adaptation of Amal's signature Rainbow of Education. It's child centered approach enhances social emotional competencies and fosters wellbeing.

Socio-Emotional Learning

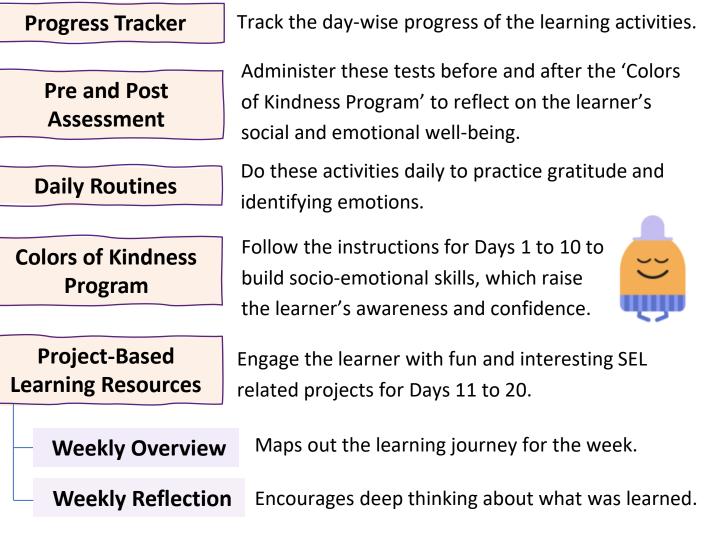


SEL is a systematic development of core social and emotional skills to more effectively handle life, challenges, and thrive.

Through this workbook, learners will:

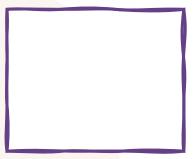
- Recognise their emotions and personal goals
- Acquire skills and attitudes that help them regulate their emotions and behaviors.
- Understand others' perspectives and relate effectively with them, decreasing their emotional distress

How to Use the Workbook





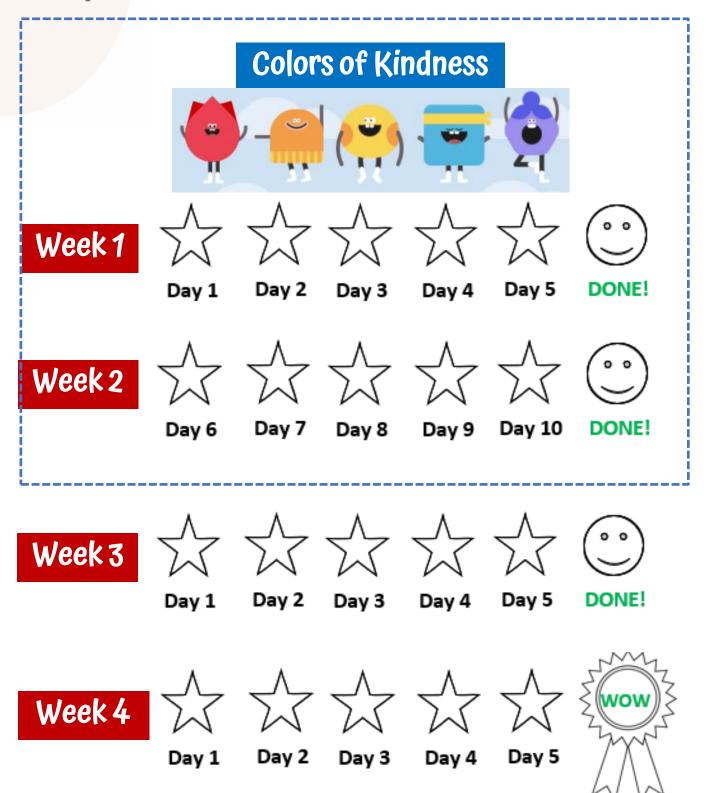
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My Growth Journey

Name:

Draw yourself here.





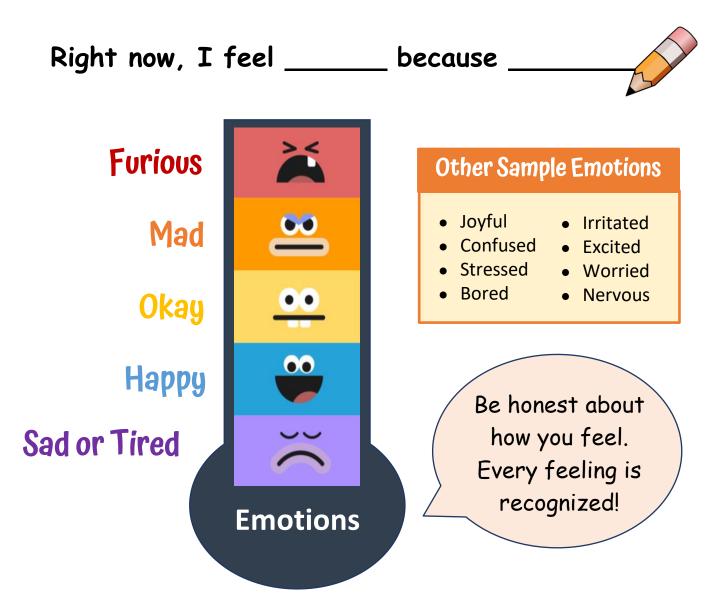


Daily Routine

Let us practice identifying and expressing our emotions.

My Emotion Thermometer

Before working on your day's activities, write the following in your notebook **every day**.



Amal Alliance Emotions Thermometer © 2021, released under CC-BY-NC-ND Int. v4.0 License

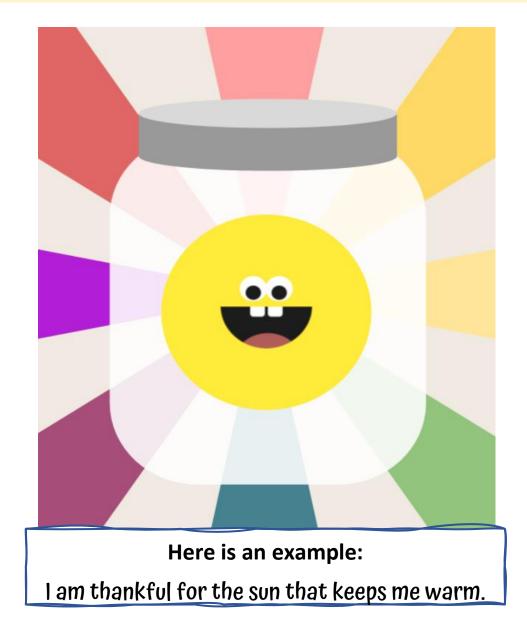




Daily Practice

Let us bring positivity into our daily life. We will try to find the good in every situation. This is why gratitude is important – it helps us see what we should be thankful for.

Take a few minutes to think about what you are grateful for and place a drawing or a note about it in a jar. Let us call it the **Gratitude Jar**.





Pre-Assessment



Please <u>administer</u> these questions before you begin Day 1.

Select your response and find the total score as per this scale:

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	l Don't Know
+3	+2	1	-1	-2	0

I know when I am happy, sad, or angry.

I am able to calm down when I'm upset.



I like playing with others and can make new friends easily.



I know I am unique.

I can name three things that I am grateful for.

I respect people that are different from me.

I can understand when another person feels happy, sad, or angry.

I think about other people when making a decision.

I have goals and plan to reach them.

I think about the future and believe it is wonderful.



Day 1 Colors of Kindness

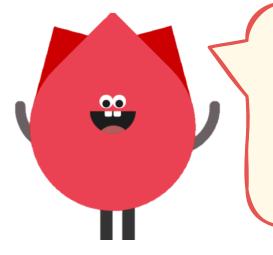
Our journey will take us through different 'Color Clouds' to help us express ourselves and our journey through the world.

Taking care of our mental well-being is as important as being physically healthy. So, let's get started!

Red Cloud

This cloud is all about helping us identify how we feel.

- Do you like the color red? Why or why not?
- Can you spot things in the room that are red?
- What other things are red?
- How does the color red make you feel?



Emotions are a part of our

everyday life, but it can be hard for us to express what we feel sometimes.

Don't worry! With practice, it will become easier.

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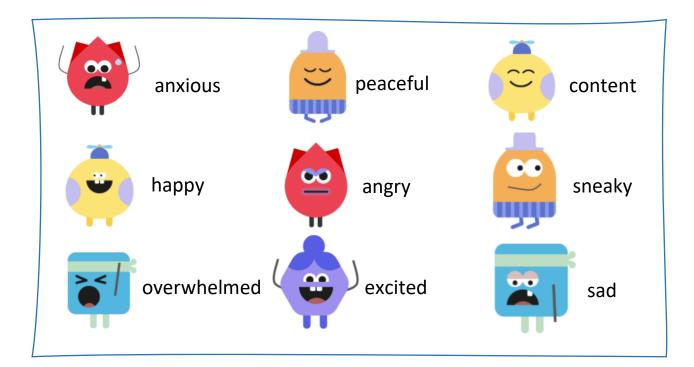
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Day 1 Colors of Kindness



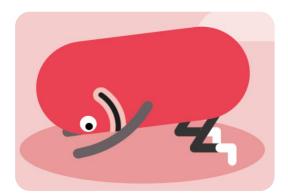
Emotions Charades

- Act out the following emotions.
- Ask your friends/family to guess which emotion it is.



Stretch of the Day

Do the **Turtle Pose** as shown. Stretch as far forward as you can.





CHALLENGE Create a Calming Space

Which place brings a smile to your face? When you feel sad/stressed, imagine the place in your mind. It will help you feel confident and safe.

Day 2 Colors of Kindness



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Red Cloud



Today, we continue our journey and realise how unique we are!

Deep Breathing

- What is the one thing you like about yourself the most?
 'I am _____.' (amazing, funny, kind, etc.)
- Lay down on your back. Place your hands on your belly.
- Breathe in and out slowly. Notice the rise and fall of your belly.
- As you breathe, say 'I am _____.' (the trait you chose).

Self-Esteem Soup

You are a good friends to others. Are you a good friend to yourself?

Create a recipe to show how you can be kind to yourself. Share it with your family!

Example

To make this delicious self-esteem soup, you will need 2 cups of love, 3 tablespoons of respect, a dash of loyalty, and a pinch of honesty.

Preparation:

Ingredients:

Mix 2 cups of love with 3 tablespoons of respect.
 We must always treat ourselves with love and respect...





Red Cloud

I Am Worthy

Spread your fingers wide on paper. Trace them with a pen. Write or draw:

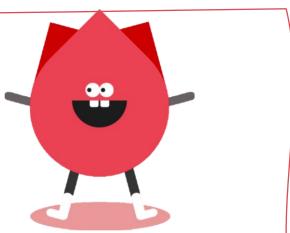
A quality that makes you unique (on each finger).

Something about yourself that you're proud of.

A dream, hope, or goal of yours.

Stretch of the Day

Do the **Star Pose** as shown. Stretch as much as you can.



CHALLENGE Send a Positive Note



Write or draw a positive message for as many people as you can this week. It can brighten someone's day!







In this cloud, we will learn about ways we can respond to and manage our unique emotions.

- How does the color orange make you feel?
- Can you spot things in the room that are orange?

Angry Monsters Freeze Dance

- Ask a family member to play or sing a song. While the music plays, pretend to be an angry monster. Stomp and growl!
- When the music stops, **FREEZE!** Take a deep breath in and a deep breath out.
- As you release the air out of your lungs, imagine you are releasing all your frustrations.



It's OK to feel angry!

We all encounter an Angry Monster from time to time - remember to breathe and act thoughtfully.

Stretch of the Day

Do the **Boat Pose** as shown. Stretch as far back as you can.



Day 3 Colors of Kindness

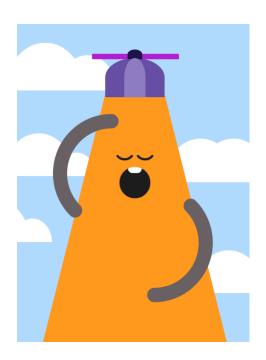


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Orange Cloud 👅

Heart and Belly Breathing

- Stand up nice and tall.
- Place one hand on your heart, the other on your belly.
- Breathe in deeply through your nose, hold for a few seconds, then gently breathe out your mouth.
- Repeat until you feel calm.





Mindful Walking

Walk in a slow motion. Pay attention to

- the way your body moves as you walk.
- the sounds, smell, breeze.
- how every bit of your foot and toes feel when they touch the ground.

CHALLENGE

Practice Mindfulness Everyday

Connect with your environment by paying attention to what is around you. Try to see if you can spot things that are orange!





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Mindful Actions

Mindful Actions = We are thoughtful of ourselves and others. Eg.: Kindness, generosity, helpfulness

Unmindful Actions = We do not consider how our actions affect others. Eg. Dishonesty, rudeness, intolerance, selfishness

Select the Mindful Action!

Throwing out the trash



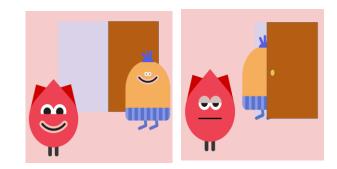
Speaking with someone

V

Cleaning the house



Closing the door



Think: Why are the selected actions 'mindful'?





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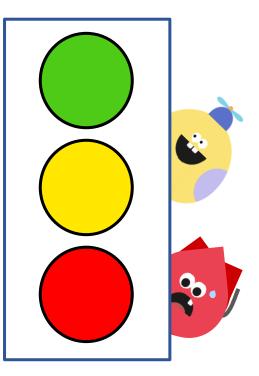


Let's continue exploring how to engage with our emotions!

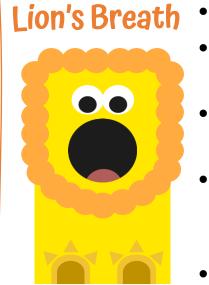
Spotlight Game

Ask a family member to call out the 3 colors of a traffic light randomly and do the following in each case:

- Green Light = Walk around the room.
- Yellow Light = Move around, but at a slow pace.
- Red Light = Stop whatever you're doing immediately.



Remember to have fun and pay attention to the commands!



- Sit down. Cross your legs. Close your eyes.
 - Imagine a beautiful lion a symbol of strength and courage. Can you hear its roar?
 - Lean forward and place your hands firmly on the ground, fingers spread wide.
 - Inhale through the nose, hold your breath for a few seconds, and forcefully exhale out the mouth.
- Repeat this 3 times.

Orange Cloud 🗮

Day 4

Sit in a circle with 2 to 3 family members or friends. 1.

Colors of Kindness

- Our theme is empowerment so, in turns, we will create a story 2. with strong and courageous characters.
- Start saying 2 to 3 lines of your own story. 3.
- 4. Then, the next person will continue it by adding more details, characters, or plot twists!
- 5. Continue till one of you want to conclude the story!
- What was your favorite part of the story?
- Do you see yourself in any of the characters?
- Have you overcome any obstacles like the characters in the story?

Stretch of the Day

Do the Alligator Pose as shown. Hold your body still and strong for as long as you can and try chomping (chewing) like an alligator!

Count Your Feelings CHALLENGE

Count the number of times during the week you feel happy, sad, or angry. Note how you responded to those feelings. You can also draw the emotions you feel.









Create Your Own Story

Day 5 Colors of Kindness



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Yellow Cloud



In this cloud, we explore how to set goals and make good decisions!

- How does the color yellow make you feel?
- Can you spot things in the room or think of things that are yellow?

Stretch of the Day

Do the **Airplane Pose**. If you lose balance, just come back into the pose!

Describe what flying feels like!



Wonder Woman Breath



Picture a personal goal of yours. You'll have to capture it before it gets away. Luckily, you have good aim and some rope with you!

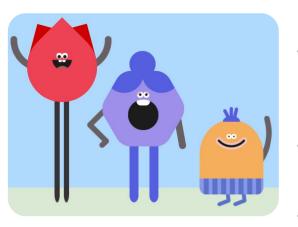
- Stand tall and focus your gaze forward.
- Inhale, raise one hand over your head, and pretend to spin the rope fast.
- Exhale and pretend to throw the rope to
 capture your goal and dreams. [Breathe slowly]

Day 5 Colors of Kindness



Yellow Cloud

More Than Words



- Get 3 or more family members or friends for the activity.
- Ask someone else to suggest a category for you to form a line in. (Height, Birthday, Hair Length, etc.)
- Without speaking, arrange yourselves in order.
- Repeat this for a few rounds.

What did you observe through this activity?

Make time this week to think about your next goal! How will you reach it? What steps do you need to take to attain it?

CHALLENGE Sculpture Challenge

Think of a pose that represents your dream.

Try to pick difficult poses that challenge your own strength and sense of balance. Show this pose to your family and friends and ask them to guess what it could be!





- What is a dream or goal you have? Draw or write it in the center box below.
- Draw five smaller boxes around it. Write/draw what you have already done to achieve this dream. (Studying, Staying healthy, etc.)

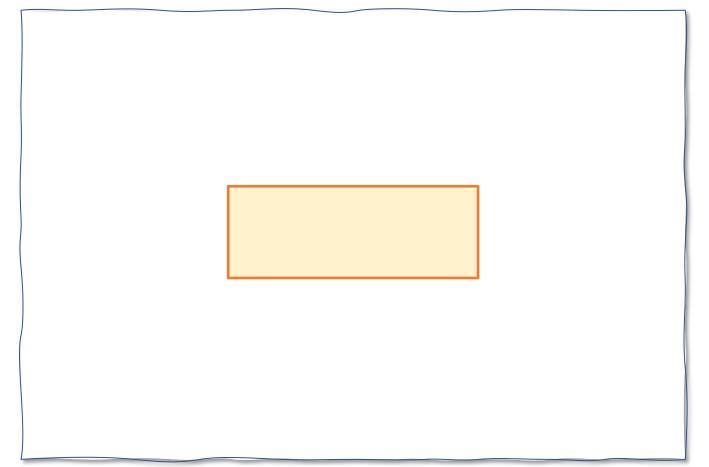


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When we focus on what we already have, we can feel a sense of gratitude that can help motivate us towards achieving our goals.



Connect the larger box with the smaller boxes. Decorate it and keep it with you to inspire you as you reach your goals!

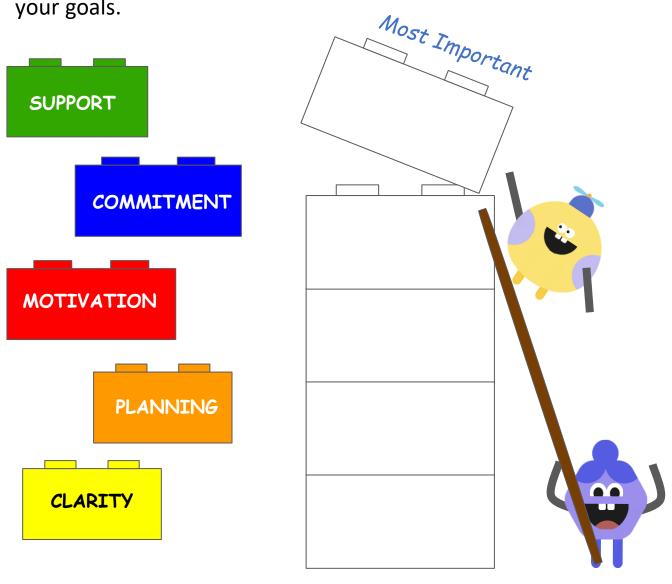




Yellow Cloud



Color or label the five blocks (below) in the tower in the order you feel will be the most successful in helping you achieve your goals.



Least Important

Share your Tower of Success with your family and explain why you put the blocks in that specific order.

Day 6 Colors of Kindness



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Yellow Cloud

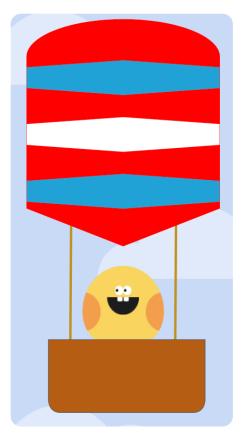


Now it's time to work on making responsible decisions!

Body Part Dancing

- Put on a fun song (or sing it!) and start dancing, but only move one body part at a time.
- Have someone call out a body part like "right foot," "left hand," or "arms" and then move only that body part.





Hot Air Balloon Breath

- As you inhale, slowly raise your arms and reach for the sky.
- Try holding your breath and standing on your tippy toes to touch the sky.
- Then exhale and wiggle your arms all the way to the ground like a deflating balloon.
- With each breath, your hot air balloon becomes larger, and you rise above the clouds. You can even spin around to soar through the sky.

What do you see while soaring high in the sky?



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Yellow Cloud

Day 6

Stretch of the Day

Do the **Cobra Pose**! Stretch your back as you breath in and out slowly.

Try sticking out your tongue and make a hissing noise just like a snake.



Would You Rather

Explore space OR the ocean? Be an ant OR an elephant? Be able to fly OR turn invisible? Be good at an instrument OR a sport? Live near the sea OR near the mountains? Have an extra finger OR an extra toe? Have the weather be always warm OR always be cold? Have many good friends OR one best friend?

Come up with 2-3 of your own questions and ask your family friends! Discuss the reason behind their decisions.

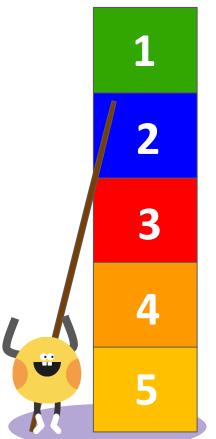


Yellow Cloud

CHALLENGE

5-Step Decision Making Ladder

Imagine your class is going on a field trip and you have to decide where to go. Follow these steps to help you make a decision:



Identify the problem or conflict to be solved.

Gather relevant information.

Brainstorm possible solutions.

Identify the potential consequences.

Make a choice and take action!

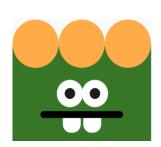
- Choose a spot on the floor. Take five steps back.
- As you go through each step on the ladder in your mind, take one step forward.
- Once you've reached the last spot, you'll know you have thought through your decision as best you can!

Day 7 Colors of Kindness

Green Cloud



In this cloud, we will explore how to communicate effectively!



- How does the color green make you feel?
- What things in your surroundings are green?
- Do you like the color green? Why or why not?

Good communication is important because it:

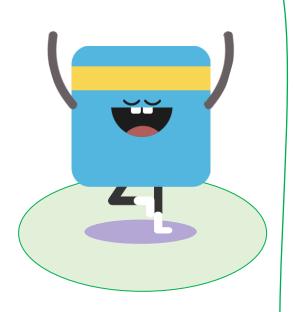
- Helps you express ideas, feelings, and thoughts with clarity
- Helps you learn
- Helps develop social skills
- Boosts confidence and self esteem

Stretch of the Day

Do the **Tree Pose** as shown. Take a few breaths as you balance.

Challenge yourself by swaying the branches of your tree without losing your balance.

Remember to balance on both sides!





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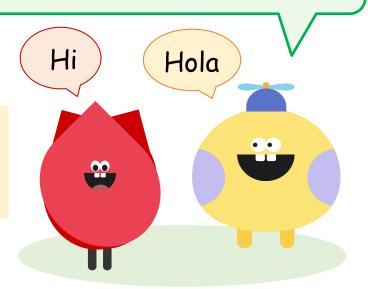
Day 7

Communication Loop

Ask 2 or 3 family members or friends to join you for this activity. Form two lines and face each other (keep distance):

- 1. Greet each other and start a conversation with the person in front you.
- 2. Smile, make eye contact, perhaps even wave, bow, or give an air hug.
- 3. Try being polite by adding a *"Hello, how are you?"* or *"Hi, it's been a long time since we met. Hope you are well!"*
- 4. Switch partners!

Communication is not just about talking but listening carefully to the other person.



Remember that eye-contact and non-verbal communication is very important. What are some things people can do in a conversation that show they are disinterested?





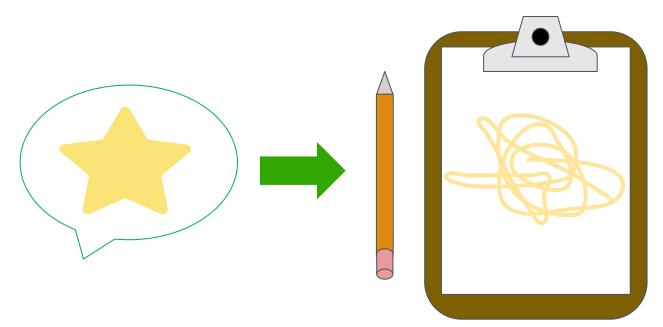
Green Cloud



Draw Misunderstanding



- Find a partner and sit back-to-back with eachother. (Maintain physical distance.)
- Have your partner describe an object without telling you what it is.
- Remember that you are not facing each other so you will not be able to see the object.
- Draw the object based on the description. Take turns.



What did you observe in this activity?

Day 7 Colors of Kindness



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Green Cloud

Breath Wave



Repeat this 3 or 4 times.

- Stand tall, facing each other.
- Put your hands in front of you as if you were holding a ball.
- Take a deep breath in and as you exhale "pass" the breath as you would a ball to your friend.
- Then your friend will do the same by taking a deep breath in and exhaling to pass it along.

Create a Presentation

• Pick any topic.

CHALLENGE

- Draw or write a presentation.
- Use props, artwork, or music!
- Present to your family and friends!

Take time to really think about what you want to talk about, and how you will present it to your peers.



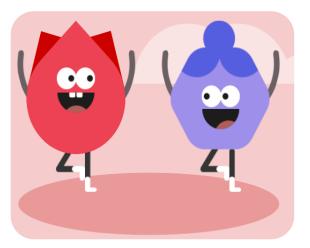




Green Cloud



We will continue to explore how to communicate effectively and pay close attention to others!



Mirror Game

- Face a partner.
- You should try to mirror their movements and expressions.
- After a few minutes, switch so your partner can mirror too!



Was it difficult or easy to follow your partner? What did you need to do to successfully play this game?



Stretch of the Day

Do the **Downward Dog** as shown. This creates length through our body!

Try to keep a flat back and peddle your legs.





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Green Cloud



Partner Breathing

Sit straight and close your eyes. Place your hands on your belly and bring your attention to your breath.

Now, look to your partner and bring your attention to their breath.

Try to match their breathing from a distance! Do this for a few minutes.



Positive Traits Circle



- 1. Sit in a circle with 3 to 4 family members or friends.
- 2. Say some positive traits about the person on your right.
- Then, the next person does the same for the person on their right.

Let's celebrate each other!



How did you feel while people said good things about you? What about when you said good things about someone?

Day 8 Colors of Kindness



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Green Cloud

Best At



- Ask 4 to 5 friends or family members to sit down with you for this activity.
- Have someone call out a category (like dancing). Those who believe they are the best in it must stand up.
- Then, the others should select who is best out of those standing. (You can have a mini-competition to find out!)

Possible Categories The fastest runner The longest stare in a staring contest The best singer The fastest Mathematician!

CHALLENGE

Draw a Leaf

To honor someone you care about:

- Draw a Leaf
- On the **OUTSIDE**, write a word describing what you love about them based on their **appearance**.
- On the **INSIDE**, write something that represents what you love about their **character**.

Day 9 Colors of Kindness





CHALLENGE

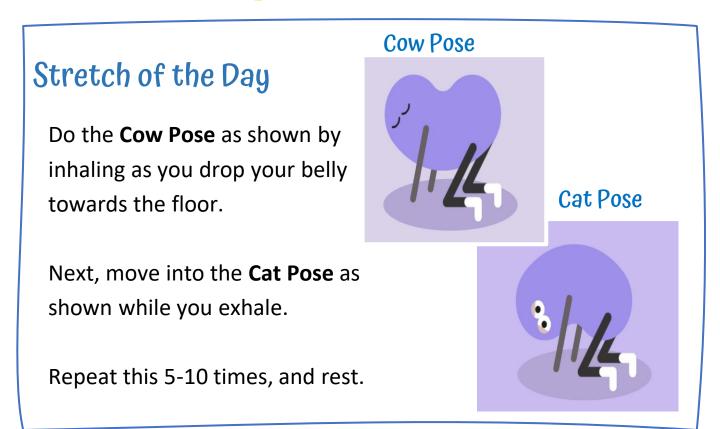
This cloud explores empathy, compassion, and appreciating diversity.

- How does the color blue make you feel?
- Can you think of things that are blue?



Practice being kind by doing **Random Acts of Kindness**. Some examples are saying hello to a neighbor, complimenting a family member, or making a friend laugh when they feel sad.

Acts of Kindness



Day 9 Colors of Kindness



Blue Cloud

What Would You Do?

- Get a partner.
- They will pretend as if they have been pushed, got hurt, or feel bad about something.
- You will pretend to be a stranger who tries to help.



- Switch roles and create new scenarios!
 - 1. Discuss how the stranger could tell that the someone was feeling hurt.



2. What is one nice thing you did for someone else? Did it make them feel better? Did it make you feel better too?

Naming Feelings



How would you feel in these situations?

- Seeing someone pushed/hurt
- If you were pushed/hurt
- If you push/hurt someone





Blue Cloud



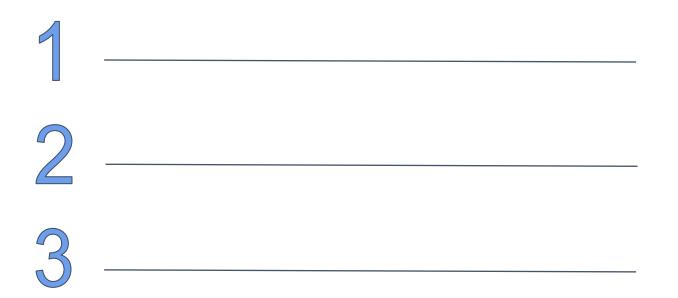
Hurting can lead to strong feelings such as anger, fear, and frustration.

While it's okay to feel these feelings, <u>it is never okay to</u> <u>react by doing violent things</u>, such as intentionally hurting someone.

It is better to communicate how you feel with your words.

Think of some difficult situations you came across (or might come across) with people in your life.

Write 3 ways you can resolve these situations peacefully:



Day 9 Colors of Kindness

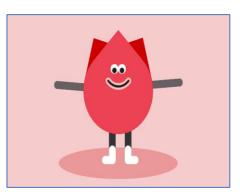


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Blue Cloud

Deep Breathing Self-Hug

- Inhale deeply as you open your arms out wide.
- Exhale as you give yourself a hug!
- Do this several times.







Three Kind Things

Can you name three kind things about another person?

- Ask 3 to 4 family members/friends to join you for this activity.
- Stand in a circle, and begin the game by saying,
 "Three Kind Things about <u>(name of anyone in the circle)</u>."
- Others say three kind things about them, one-by-one.
- The activity continues until everyone hears three kind things about themselves.

Day 10 Colors of Kindness

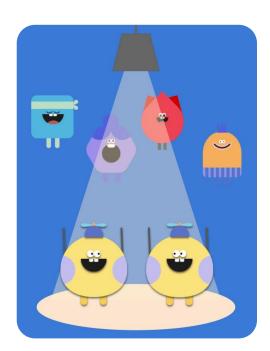




We have reached the final cloud! Are you ready to begin our last journey?

Similarities & Differences

- Stand in a large circle with 4 or more friends or family members.
- Each person will share a fact about themselves.
- If the fact is true for someone else too, they should take a step forward into the circle.



- 1. What makes us different from or similar to each other?
- 2. Imagine a world where everyone is the same, and no differences exist. What would it be like?

Flower Breath



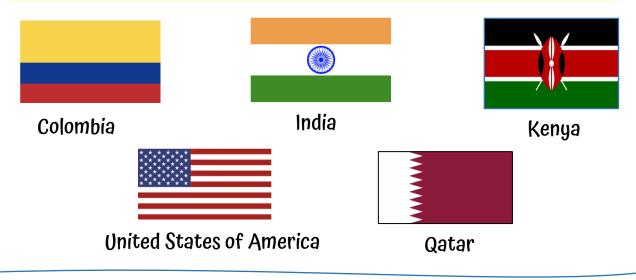
- Imagine your favorite flower.
- Sit down with your legs crossed, place your hands on your knees with your palms facing.
- Inhale through the nose, close your palms as if the flower petals are closed.
- Exhale through your mouth, open your hands as if your flower petals were blooming.

Day 10 Colors of Kindness



Around the World in 10 Minutes

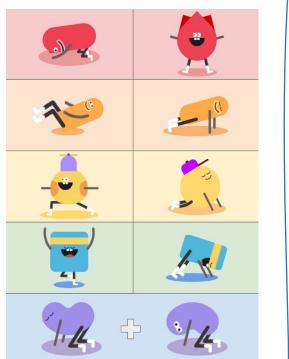
Collect information about as many countries as you can by talking to your family members or from books/videos. Identify each country's flag, language, costume, food, etc. **How are they different from or similar to your country?** Below are some examples of countries you can explore!



Stretch of the Day

Today we have a **Combination** Flow!

Do all the poses - Turtle, Star, Boat, Alligator, Airplane, Cobra, Tree, Downward Dog, Cat & Cow – one after the other.



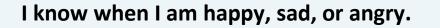


Post Assessment



Please **re-<u>administer</u>** these questions upon completion of the workbook. Select your response and find the total the score as per this scale:

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	l Don't Know
+3	+2	1	-1	-2	0



I am able to calm down when I'm upset.



I like playing with others and can make new friends easily.



I know I am unique.

I can name three things that I am grateful for.

I respect people that are different from me.

I can understand when another person feels happy, sad, or angry.

I think about other people when making a decision.

I have goals and plan to reach them.

I think about the future and believe it is wonderful.



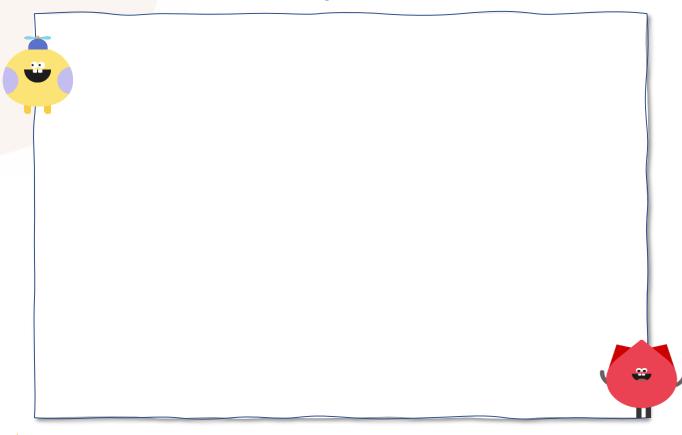




Did I enjoy the Colors of Kindness Program?

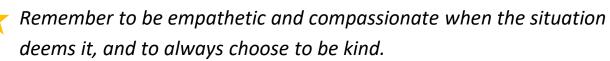


What are some new things I learned about myself?



We hope that you will continue to take your emotional temperature daily, seeing how you feel, and expressing that emotion in a healthy way.
We ask that you express gratitude for something or someone that you are appreciative of and communicate that sentiment.

With your goals set, take responsible steps to reach those goals, and always honor and respect others.



Together, we can make this world a better place!

Week 3 Overview





- Paper
- Pen/Pencil

Day 1 Project-Based Learning





Imagine That!

If you could create your own world, what would it look like?

- Draw a picture of yourself in any type of surrounding beach, forest, home, etc.
- 2. Show 5 objects as different shapes you know in your drawing and make a list of these. Example:



Shape	Object
Circle	Sun, Tree
Rectangle	House
Square	Windows
Triangle	Roof

- 3. Now, imagine and re-think what everything could look like. Change the shapes and colours of the objects in your drawing!
- 4. Add animals or objects to your drawing. Re-think their roles!

Item	Role	New Role	
Cow	Gives milk	Gives fruits	
Hen	Lays eggs	Gives wool	
Bus	Travel on road	Travel on water!	



Present your drawing to your family and friends.

Day 2 Project-Based Learning



Imagine That!

1. Interview your family members or friends to know more about their jobs, what they used to do, or what they want to become.

Sample Questions

What do you do everyday? What should people know about your job? What do you want to become?



2. Pick any 3 professions. Describe them and their importance by writing a few sentences, drawing, or speaking about it.



What do you want to be? You can choose an existing profession or make one of your own!

Draw what a day in your dream job would look like.

Present your drawing and explain why you choose this profession.

Day 3 Project-Based Learning



Imagine That!

- 1. What are some festivals you know of? Do you celebrate any?
- 2. Interview family members or friends to know more about the festivals in your country.

Sample Questions

Which is your favourite festival? Why? What it is the story behind the festival? How do you celebrate it?

 Which is your favourite festival? Why?
 Draw how it is celebrated.
 Example: Diwali →



OR

Imagine that it is festival day with your family members and friends and pretend to do the activities to celebrate it!

IMAGINE

Create your own Festival!

- What is the name of the festival?
- What is the message/story of the festival?
- How will you celebrate it?

Draw it out or role-play with your friends!

Present your festival to your friends and family!

Day 4 Project-Based Learning



Imagine That!

- 1. What do you like and dislike about schools?
- Ask your friends or family what they like and dislike about schools. Create a pictogram of the top 5 things they like below:

_	
Examp	le:

	Category	No. of Likes
:	Library	

What is the most and least popular thing in schools?

IMAGINE

Design Your Dream School!



Your school should be a fun place of learning so that students never want to leave! In which place do you enjoy and learn the most?

Think of how you can make your school just like that. Can it be outdoors? Does it have a movie room? Let your imagination run wild!

Make a poster to attract students to your dream school!

Day 5 Project-Based Learning

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Imagine That!

Time to create your own imaginary world!

Include your imagined professions, festivals, and school in it too! Think about the following:

- What would adults do?
- Where would the homes be? (In the sky? under water?)
- What would the transportation be? (Could you have a balloon car?)
- What kind of food would people eat?
- What type of animals are there in your world?
- What is one thing you dislike the most in the real world how would this be different in your world?

Example: I do not like the use of plastic and my entire world will be made with all things natural!

Create a story about a family in your imaginary world or draw it out!

Present it to your friends and family members too.



How can you bring some of your imaginations to life and make changes in the real world?



Weekly Reflection

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Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <u>https://resources.educationaboveall.org</u>45

Week 4 Overview

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Materials Needed

Tape

- Paper
- Pen/Pencil

For the games that require more people, ask your family members or friends to join you!

Day 1 Project-Based Learning





Life Skills

What life skills do you need to live a better life?

Face Race

- 1. Mark a start and finish line using tape or an object.
- 2. Partners face each other and race to the finish line.
- Partners take turns to make funny expressions while walking, and the other copies it. If either one laughs, both go back to the starting point.

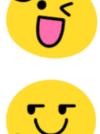
What Brings You Joy?

What is the happiest thing in nature? Why do you think so?

- Talk to a partner about what brings you joy for
 2 to 3 minutes. Then, your partner will share.
- 2. Listen carefully, with your ears, eyes, and heart.
- 3. Draw how you felt while listening to your partner.
 - What was it like to listen? What was it like to speak?
 - What happens when you share what brings you joy?
 - How does listening help us in real-life?



2 or more pairs





Day 2 Project-Based Learning

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Life Skills

Morning Mirror

- 1. Face your partner.
- Your partner will do the actions they would do while looking at a mirror. Pretend to be their mirror



mirror. Pretend to be their mirror and copy their actions.

3. Switch roles.

I Tell, You Dance

Name something in nature that dances. Why do you think it dances?

- Come up with a story and tell it to your partner.
 Make sure your story has emotions and dialogues.
- 2. Your partner will dance to whatever they hear from you.
- 3. Then switch roles. You dance to the story you hear.

Sometimes the dancer leads the story; sometimes the storyteller leads the dancer.



- What was it like to lead each other?
- Was it easy or hard to dance with the story?
- Did you learn anything about yourself as a leader or as a follower today?
 - Where do you see leaders and followers in your family/communities?



Day 3 Project-Based Learning

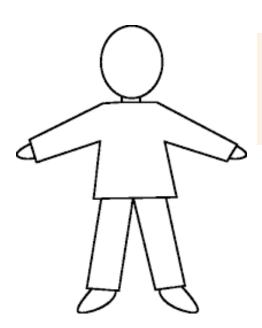
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Life Skills

Inner Beauty



- 1. Choose a family member or friend for this activity.
- 2. Both partners draw an outline of a body as shown below.
- 3. Fill it with your partner's good qualities, interests, and talents.



Everyone has hidden inner beauty. So, think about a special way to draw each part.

Example:

If they are very good artist, draw their hands in a special way. If they are very kind, draw a big heart, etc.

Exchange the drawings and observing your inner beauty!



- How did it feel to draw your partner's
 'inner beauty' and share your drawings?
- What did you notice about your partner or yourself through this activity?



Day 4 Project-Based Learning

Life Skills

Frozen Skit

We will be doing a skit to show the harmful effects of bullying or teasing someone.

- 1. Select one person to be the director.
- Two actors enact a scene where one teases the other in a hurtful way.
- The director claps at different points in the skit.
 After each clap, the actors freeze in their positions.
 Another person can come in and take the place of any actor to continue the skit to show why bullying is NOT the right way to behave.



- What did you observe in these scenes?
 Were they realistic?
- What did you think of the solutions?
- Would you use these solutions in real life?
 Why or why not?
- Where might it be difficult for you?

Try doing the frozen skit activity for new scenarios that are challenging for you to face in real life too!



4 or more people



Day 5 Story Time

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DukDuk

Sia and her brother, Roni, used to play all the time. They'd explore caves under the staircase and fight the aliens on the mango tree in the backyard. Roni always made Sia laugh.

But it has been a long time since they played together. Roni doesn't like playing with anyone these days! "Why don't you feel like playing?" Sia yells at Roni. "I don't want to," Roni says.

"I am stuck with a big monster on my back".

Sia names the monster Dukduk. "Dukduk must be mean and grumpy," Sia thinks. "It feels like he's swallowed up Roni's smile."

Dukduk always seems to be with Roni. "Tell your monster to go away! I don't like him," Sia says.

Sometimes, Dukduk grows bigger than a truck. Roni gets angry about everything on those days. He even chews

his food angrily!

Mama thinks she knows how to make Roni feel better. "You should go out for a walk. The fresh air will do you good," Mama says.

On other days Dukduk seems to be holding on to Roni. He doesn't even let Roni get out of bed.

Papa keeps telling Roni how to fix it. "What's wrong?" asks Papa. "Eat well and your problem will go away!"

There are days when Dukduk is small and floats around like a kite. Then Roni gets out of bed and plays with Sia. But he gets tired very fast.





Written by Sanjana Kapur





DukDuk

"It's all in your head. You just have to put your mind to it, and you will snap out of it," everyone says. "I will try," Roni says. "It isn't that easy."

It is Roni's birthday today. Sia has baked a cake.

"Thank you, Sia," Roni smiles. Sia frowns. Roni's smile is very different these days.

Sia sits next to Roni. "Is your new friend making you unhappy?" Roni nods.

"I feel like being happy, but it's hard work on most days," Roni explains.

"How long do you think your friend will stay?" Sia asks. "I don't know," says Roni.

"It's okay," Sia says. "We can play whenever you feel like." Roni smiles his old smile. Dukduk becomes smaller.

Now Roni is even getting help from a doctor.



Dukduk is still there. On some rare days, he is big. Sia waits for them to pass. Mostly, Dukduk is small, and on those days, Roni likes to play.

Answer the questions below.:

- 1. Who are the main characters of the story?
- 2. How does Dukduk affect Roni's life?
- 3. How do you think Roni felt when people kept giving him advice?
- 4. Do you think Dukduk is real? Why or why not?
- 5. Have you ever felt like there was a Dukduk holding you or your friend back? If yes, how did you feel? What did you do?



Imagine you are Sia, make a birthday card for Roni with a positive message to make him feel better!





Did I enjoy learning this week?



What are some new things I learned?

If you liked this, go to our IFERB website for hundreds of more such resources. Visit <u>https://resources.educationaboveall.org</u>53

CERTIFICATE OF COMPLETION



This certificate is awarded to

for the successful completion of the Social and Emotional Learning workbook.







Facilitator

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Pg. 45, 48: 'Life Skills' Project-Based Learning Resource designed by Dream A Dream, India for EAA's Internet Free Education Bank (IFERB).

Pg. 49, 50: DukDuk, based on the original story 'Who Stole Bhaiyaji's Smile?'(English), written by Sanjana Kapur, illustrated by Sunaina Coelho, Re-levelled by EAA, published by Pratham Books (© Pratham Books, 2006) under a CC BY 4.0 license on StoryWeaver.

