

Social Emotional Learning (level 1)

Assessment Questions

Life Skills for Leading Life

1. What is happiness? Can you name something that makes you happy?
2. Why is it important to listen to someone when they are sharing their emotions?
3. What is a leader and what is a follower?
4. Why is trust important in relationships?
5. How can you be a good leader in a game or activity?
6. Can you draw a picture of a situation where trust is important?
7. How can you create a safe space for yourself and others?
8. Why is it important to share our emotions with others?
9. How does being a good leader affect others?
10. How does teamwork and collaboration impact the success of a group project?

Superhero Academy

1. Name or draw your favorite superhero.
2. What is a challenge?
 - A) an emotion or feeling
 - B) a difficult situation we experience
3. Write or draw any 3-5 emotions.
4. What is a superpower? Provide an example.
5. Name 3 superpowers you or your favorite superheroes have.

Conflict Resolution

1. What is conflict?
2. What is 1 cause of conflicts?
3. What is 1 effect of conflicts?
4. What is empathy? What is the difference between empathy and sympathy?
5. Situation: You and your friend both want to play with the same toy. Your friend grabbed the toy first and is not willing to share it with you.
 - A) What is the conflict in this situation?
 - B) What is 1 thing you can do to resolve the conflict with your friend?
6. Explain the importance of empathy in managing conflicts.

7. Describe a time when you used empathy to resolve a conflict.
8. Why is it important to manage conflicts in a healthy way?
9. How can different perspectives help us to understand an issue better?
10. Why is it important to apologize during a conflict?

Rights and Responsibilities

1. In your own words, what do we mean by "rights"?
2. Can you give an example of something that you have a right to?
3. What is the Convention on the Rights of the Child?
 - A) A law that only applies to adults
 - B) A treaty that sets out the rights of children all over the world
 - C) A book about the history of children's rights
4. What does it mean to have responsibilities? Can you give an example of a responsibility that you have at home or at school?
5. True or false: Responsibility means doing whatever you want, whenever you want. Explain your answer.
6. Can you explain the difference between something that you need and something that you want? Can you give an example of each?
7. Which of the following is an example of responsibility?
 - A) Sleeping late
 - B) Doing chores
 - C) Playing video games
 - D) Watching TV
8. How can your actions affect the people around you, like your family and friends? Can you give me an example?
9. How can following rules help protect people's rights?
10. What do you think would happen if people didn't have any rights at all? How would that make you feel?