



Introduction (10 minutes)

Welcome to this project-based learning experience, where we will explore the essential skills of coping and problem-solving through role-playing and group discussions.

This 24-lesson program is designed to help 7-year-old students develop emotional awareness, effective communication, and problem-solving skills.

Lesson Objectives (10 minutes)

Identify and express emotions in a healthy and constructive way

- Develop empathy and understanding towards others
- Apply problem-solving skills to real-life scenarios
- Collaborate and communicate effectively with peers

Activity 1: Feelings Charades (20 minutes)

Divide students into two teams and write a list of emotions (e.g., happy, sad, angry, surprised) on slips of paper.

1. Each student takes a turn drawing an emotion and acting it out without speaking
2. The team that guesses the most emotions correctly wins

Activity 2: Problem-Solving Scenarios (25 minutes)

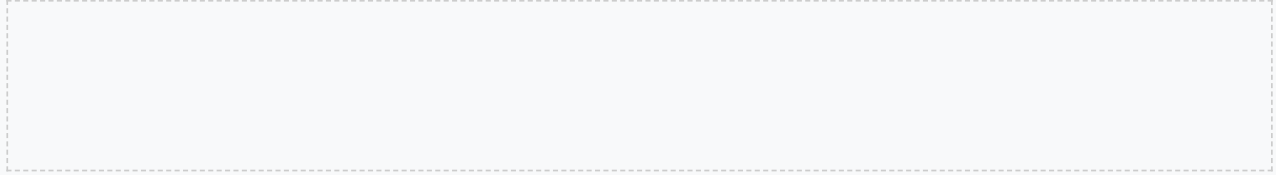
Divide students into small groups and provide each group with a scenario card (e.g., sharing a toy, resolving a conflict).

- Ask each group to brainstorm and discuss possible solutions
- Encourage students to use active listening and empathy

Activity 3: Role-Playing (30 minutes)

Divide students into pairs or small groups and assign each group a role-playing scenario (e.g., sharing a toy, dealing with a bully).

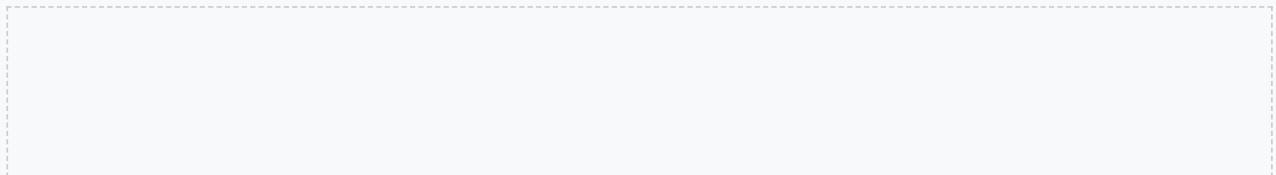
1. Ask each group to act out the scenario, using active listening and empathy
2. Encourage students to reflect on their actions and decisions



Activity 4: Reflection Journaling (15 minutes)

Ask students to write or draw about their experiences and insights.

- Encourage students to reflect on what they learned and how they can apply it to their everyday lives



Assessment (10 minutes)

Observe student participation and engagement during activities.

- Review student reflection journals for understanding and application of skills
- Use a rubric to assess student problem-solving and communication skills

Extension Activities (20 minutes)

Create a "Coping Strategies Museum" where students can showcase their favorite coping strategies.

- Invite a guest speaker to talk to the class about problem-solving and conflict resolution
- Plan a community service project that applies the skills learned in the program

Conclusion (10 minutes)

Developing coping strategies and problem-solving skills is crucial for 7-year-old students as they navigate social relationships, academic challenges, and emotional ups and downs.

This project-based learning experience provides a comprehensive and engaging way to support students' social-emotional learning, promoting emotional awareness, effective communication, and problem-solving skills.

Reflection Questions (15 minutes)

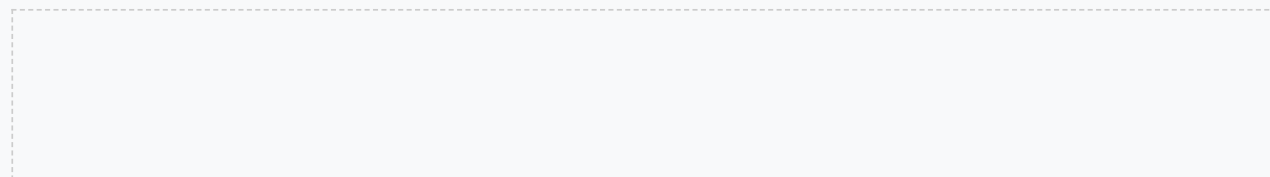
How did students respond to the role-playing activities and group discussions?

1. What strategies can be used to increase engagement and motivation in future lessons?
2. How can the program be adapted to meet the needs of diverse learners?

Next Steps (10 minutes)

Plan follow-up lessons to build on the skills developed in this program.

- Provide opportunities for students to apply their skills in real-world scenarios
- Encourage students to reflect on their progress and set goals for future learning



Appendix (10 minutes)

Additional resources and materials for teachers and students.

- Worksheets and activity sheets
- Assessment rubrics and evaluation tools

