



Multiple Choice Questions (Page 1)

Choose the correct answer for each question:

1. What is one way to build resilience?
 - a) Giving up when things get tough
 - b) Trying again after making a mistake
 - c) Ignoring problems
 - d) Blaming others
2. Which emotion is often felt when someone is happy and excited?
 - a) Sadness
 - b) Anger
 - c) Joy
 - d) Fear

Short Answer Questions (Page 2)

Answer each question in complete sentences:

1. Describe a time when you felt sad or upset. How did you deal with your emotions?

2. What is one strategy you can use to solve a problem when you're feeling stuck?

Project-Based Task (Page 3)

Create a visual representation (e.g., drawing, painting, collage) of a time when you overcame a challenge or achieved a goal. Write a short reflection (1-2 paragraphs) explaining what you learned from the experience and how it helped you build resilience.

[Space for project-based task]

Performance Task (Page 4)

Role-play a scenario where you have to work with a partner to solve a problem. The problem is: You and your friend want to play different games at recess, but you only have 20 minutes before the bell rings. How can you find a solution that makes both of you happy? After the role-play, write a reflection (2-3 paragraphs) on what you learned about active listening, speaking, and problem-solving.

Reflection and Self-Assessment (Page 5)

Answer the following questions:

1. What did you learn about building resilience and emotional intelligence from this activity?

2. What strategies can you use to improve your problem-solving skills?

3. How can you practice active listening and speaking in your daily life?

Word Search (Page 6)

Find and circle the following words related to building resilience and emotional intelligence:

- Resilience
- Emotions
- Problem-solving
- Active listening
- Speaking

[Word search puzzle]

Maze (Page 7)

Help the character navigate through the maze to reach the goal. Along the way, answer the questions related to building resilience and emotional intelligence.

[Maze puzzle]

Crossword Puzzle (Page 8)

Complete the crossword puzzle using the vocabulary related to building resilience and emotional intelligence.

[Crossword puzzle]

Drawing Activity (Page 9)

Draw a picture that represents a time when you overcame a challenge or achieved a goal. Write a short caption explaining what you learned from the experience.

[Space for drawing activity]

Conclusion (Page 10)

Answer the following questions:

1. What did you learn from this activity?

2. How can you apply what you learned to your daily life?

3. What are some strategies you can use to continue building your resilience and emotional intelligence?

