

LIFE SKILLS SCHEME OF WORK

CLASS: PRIMARY TWO

GENERAL TOPICS

GENERAL COMPETENCES:

TERM: ONE

COPYING WITH STRESS

YEAR:

WK	PD	LIFE SKILLS	TOPIC	COMPETENCE	CONTENT	METHOD	ACTIVITIES	T/AID	Indicators of Life skills and values	REF
1	REVISION AND BEGINNING OF TERM ONE EXAMS.									
2	1 & 2	Coping with stress	Coping with stress	A learner defines stress in his or her own words. -identifies situations that cause stress.	Stress is the worry or pressure caused by problems in some body's life.	Demonstration Discussion Role play Brain storming Group work	Balloon burst Defining stress Answering oral questions	Balloons Whistle	Sharing empathy	Facilitator's manual page 88
3	1 & 2	Coping with stress	Coping with stress	A learner over comes feeling of hopelessness, sadness and helplessness	Sharing about various sicknesses that attack learner.	Group discussion Brain storming	Mentioning sicknesses Sharing experience	Real life situation Photocopied work Cut outs from magazines	Love Empathy Patience	Better living pupils book 19
4	1 & 2	Coping with stress	Copying with stress	A learner mentions situations that make them sad. A learner draws and colours sad face and a happy face.	Emotion and physical abuse situations that make learner sad. Emotionally an dphysically.	Question and answer Demonstration	Drawing Colouring	Pencil paper	Endurance	Facilitators manual page 91

5	1 & 2			A learner mentions effects of death and ways of over coming them. Draws	Death Effects of death and over coming stress caused by death. No school fees Loss of love and affection Loss of valued items	Discussion Story telling	Listening Narrating Drawing	Pencil Paper	Empathy	Better living pupil's book 2 page 19
6	MID-TERM ONE EXAMINATIONS AND REVISION									
7	1 & 2	Coping with stress	Copying with stress	A learner; Listens to the story. Tells personal first experience at school.	Transition from home to school. Bullying	Story telling	Sharing personal first experience at school. Drawing and colouring	Paper Pencil	Patience	Better living pupils' book page 18.
8	1 & 2		Effective ways of dealing with stress	A learner; Identifies causes of stress Discusses stressful situation Draws Listens	Identifying the cause of stress. Tell some one whom you know can help you. Play Pray Music and dance Let go of the stresses	Discussion Demonstration	Identifying Discussing Drawing	Paper Pencils	Endurance	Facilitator's manual page 92
	9 & 10 REVISION OF THE SKILLS HANDLED									