**VICTORIOUS EDUCATION SERVICES**

**PRIMARY TWO LIFE SKILLS LESSON NOTES TERM ONE – 2017**

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| **Week 2**  **Life skills:**  **Topic**  **Sub-topic:**  **Content:** | Coping with others  Coping with stress  Causes of stress  Give the following activities to explain stress.  **Activity:**   * Provide the pupils with balloons. * Allow pupils to blow the balloons. * In each group pupils guard their balloons from being destroyed by the core group. * Ask pupils how they felt after the task.   Give the definition of stress i.e stress is the worry or pressure caused by problems in somebody’s life. |
| **T/Aids:**  **Reference:** | **Balloon , whistle**  **Better living book 2 page 19** |
| **Week 3**  **Life skills:**  **Topic:**  **Sun-topic:**  **Content:** | Coping with stress  Coping with stress  Causes of stress  Sickness  A learner mentions the sicknesses or diseases that attack him / her and then feels sad or stressed.  Examples of sicknesses.  a) They make a child feel sad and stressed.  -flue , cough , malaria , measles e.tc  b) Share to the child that sickness makes him / her feel stressed that he / she may fail to play and eat.  **Activity.**  Mentioning sicknesses that have ever attacked them and felt sad and stressed. |
| **T/L Aids:**  **Reference:** | **Real life situation , sweater**  **Better living pupils book 2 page 19 , 21**  **Tr’ s book page V.** |
| **Week 4**  **Life skills**  **Topic**  **Sub-topic**  **Content** | Coping with stress  Coping with stress  Causes of stress  Emotional and physical abuse.  Situations that make one sad.  **Examples of emotional and physical abuse.**  Hatred beatings defilement  Anger pitching argument  Abuse burns fighting  Harassed rape barked upon  **Activity:**  Drawing a sad and happy face.  Name any three situations that make them emotionally and physically sad. |
| **T/L aids**  **Reference** | **Pencils , paper**  **Better living pupil’s book 2 page 18 - 19** |
| **Week 5**  **Life skills**  **Topic**  **Sub-topic**  **Content** | Coping with stress  Coping with stress  Causes of stress   1. Loss of value items   Examples  -bags , pencil , rubbers , crayons , toys , money , socks  These can make a learner feel stressed.   1. Death of significant family members and others (animals)   e.g mother , grands , father , sisters , brothers , uncles e.t.c.  **Activity:**   1. Drawing valued items that they have ever lost in life. 2. Mention ant two members that you ever lost. |
| **T/L.aids**  **Reference** | **Pencil , paper , (photocopied work; Isaka and his cat)**  **Better living pupil’s book 2 page 19 B.** |
| **Week 6** | **MID – TERM ONE EXAMINATIONS** |
| **Week 7**  **Life skills**  **Topic**  **Sub-topic**  **Content** | Coping with stress  Coping with stress  Causes of stress  Transition from home to school.  (bullying)  This is when a child is being bullied by others at school during his / her first time (New)  This s can make a child sad and hate school. |
| **T/L.aids**  **Reference** | **Real life situation**  **Better living book 2 page 18** |
| **Week 8**  **Life skills**  **Topic**  **Sub-topic**  **Content** | Coping with stress  Coping with stress.  Effective ways of dealing with stress  Demonstrating effective ways of dealing with stress   1. Reporting the matter to trusted persons. 2. Talking about stressful situations 3. Play 4. Having music and dance 5. Change of environment   **Activity.**   1. Drawing some of the activities or ways of dealing with stress. 2. Dancing 3. Playing |
| **T/L.aids**  **Reference** | **Pencils , paper , crayons (photocopied work)**  **Better living book 2 page 20** |
| **Week 9 and 10** | **REVISION OF THE SKILLS HANDLED.** |