**VICTORIOUS EDUCATION SERVICES**

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**LIFE SKILLS SCHEME OF WORK**

**CLASS: PRIMARY TWO GENERAL TOPICS GENERAL COMPETENCES:**

**TERM: ONE COPYING WITH STRESS**

**YEAR: 2019**

|  |  |  |  |  |  |  |  |  |  |  |
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| **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  Discuses 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** | | | | | | | | | |