

Week	Lesson	Strand	Sub strand	Specific learning outcomes	Learning experiences	Key inquiry questions	Learning resources	Assessment	Reflection
1	1	Personal Management Skills	Self-Awareness	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Define the term self-awareness.</li> <li>b) Identify the dimensions of human beings.</li> <li>c) Discuss physical and social dimensions.</li> <li>d) Appreciate the importance of self-awareness.</li> </ul>	<p>In pairs, learners to define the term self-awareness.</p> <p>In pairs, learners are guided to identify the dimensions of a human beings.</p> <p>In groups, learners are guided to discuss physical and social dimensions</p>	What is self-awareness?	<p>Pictures Flash cards Photographs Charts Digital devices</p> <p><b><u>Mentor; Life Skills Education Learner's Book Grade 7 page 1-3</u></b></p>	<p>Oral questions Oral Report Checklist Observation</p>	
2	1	Personal Management Skills	Self-Awareness	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Explain the meaning of social, psychological, spiritual and economic dimension.</li> <li>b) List the values that they consider very important.</li> <li>c) Draw pictures showing a description of themselves in all human dimensions.</li> <li>d) Appreciate the importance of self-awareness.</li> </ul>	<p>In pairs, learners to explain the meaning of social, psychological, spiritual and economic dimension.</p> <p>In pairs, learners to list values that they consider very important.</p> <p>Individually, learners to draw pictures showing a description of themselves in all human dimensions</p>	What is the meaning of social, psychological, spiritual and economic dimension?	<p>Pictures Flash cards Photographs Charts Digital devices</p> <p><b><u>Mentor; Life Skills Education Learner's Book Grade 7 page 3-5</u></b></p>	<p>Oral questions Oral Report Checklist Observation</p>	
3	1	Personal Management Skills	Identifying personal talents and abilities	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Define a talent.</li> <li>b) Identify ways of dealing with different contemporary challenges.</li> </ul>	<p>Learners to define a talent.</p> <p>In pairs, learners to identify ways of dealing with different contemporary challenges.</p> <p>In groups, learners to state</p>	<p>What is a talent?</p> <p>What activities can people in the community do to eradicate</p>	<p>Pictures Flash cards Photographs Charts Digital devices</p> <p>Mentor; Life Skills</p>	<p>Oral questions Oral Report Checklist Observation</p>	

				c) Discuss the various social-economic groups in their school community. d) Appreciate the social-economic backgrounds of the people in the community.	ways in which the learners are using their talents and abilities for self-fulfilment.  In groups, learners to discuss the various social-economic groups in their school community	poverty?	Education Learner's Book Grade 7 page 5-9		
4	1	Personal Management Skills	Self- Esteem	By the end of the lesson, the learner should be able to:  a) Define self-esteem. b) Explain the meaning of high and low self-esteem. c) Recite the poem and answer the questions that follow. d) Appreciate the importance of high self-esteem.	Learners to define self-esteem.  In groups, learners to explain the meaning of high and low self-esteem.  In groups, learners to recite the poem and answer the questions that follow.	What is self-esteem?  What is high and low self-esteem?	Pictures Flash cards Photographs Charts Digital devices  Mentor; Life Skills Education Learner's Book Grade 7 page 10-11	Oral questions Oral Report Checklist Observation	
5	1	Personal Management Skills	Improving one's self-esteem	By the end of the lesson, the learner should be able to:  a) Identify the factors that influence self-esteem. b) Discuss how they can enhance their self-esteem. c) Draw the self-esteem balloons in learner's books. d) Exercise self-confidence to avoid negative influence.	In pairs, learners to identify the factors that influence self-esteem.  In groups, learners to discuss how they can enhance their self-esteem.  Learners to draw the self-esteem balloons in learner's books	How can one improve their self-esteem?	Pictures Flash cards Photographs Charts Digital devices  Mentor; Life Skills Education Learner's Book Grade 7 page 12-15	Oral questions Oral Report Checklist Observation	

<b>6</b>	<b>MID TERM EXAM AND HALF TERM BREAK</b>								
<b>7</b>	<b>1</b>	Personal Management Skills	Types of emotions displayed in different situations	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) List the negative and positive emotions.</li> <li>b) Draw facial expressions showing the different types of emotions.</li> <li>c) Have a desire to express positive emotions.</li> </ul>	<p>In pairs, learners to list the negative and positive emotions</p> <p>Learners to draw facial expressions showing the different types of emotions such as, anxiety, guilt. Anger...etc.</p>	What are emotions?	<p>Pictures Flash cards Photographs Digital devices</p> <p>Mentor; Life Skills Education Learner's Book Grade 7 page 16-18</p>	<p>Oral questions Oral Report Checklist Observation</p>	
<b>8</b>	<b>1</b>	Personal Management Skills	Managing emotions positively	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Identify the ways of managing emotions.</li> <li>b) State the effects of negative emotions.</li> <li>c) Identify places and people who offer psychological support in the community.</li> <li>d) Compose a poem about the importance of managing emotions.</li> <li>e) Managing emotions positively.</li> </ul>	<p>In groups, learners to identify the ways of managing emotions.</p> <p>In pairs, learners to state the effects of negative emotions.</p> <p>In pairs, learners to identify places and people who offer psychological support in the community.</p> <p>In pairs, learners to compose a poem about the importance of managing emotions.</p>	What are the effects of negative emotions?	<p>Pictures Flash cards Photographs Charts Digital devices</p> <p>Mentor; Life Skills Education Learner's Book Grade 7 page 18-23</p>	<p>Oral questions Oral Report Checklist Observation</p>	
<b>9</b>	<b>1</b>	Personal Management Skills	Managing Stress	<p>By the end of the lesson, the learner should be able to:</p> <ul style="list-style-type: none"> <li>a) Define stress.</li> <li>b) Identify the sources of</li> </ul>	<p>Learners to define stress.</p> <p>In groups, learners are guided to identify the sources of stress.</p>	What are the common sources of stress?	<p>Pictures Flash cards Photographs Charts Digital devices</p>	<p>Oral questions Oral Report Checklist Observation</p>	

				<p>stress.</p> <p>c) List down the effects of stress in our day-to-day lives.</p> <p>d) Recite the poem in learner's book.</p> <p>e) Manage their stress appropriately.</p>	<p>In groups, learners to list down the effects of stress in our day-to-day lives.</p> <p>in groups, learners to recite the poem in learner's book.</p>	<p>What are the effects of stress?</p>	<p>Mentor; Life Skills Education Learner's Book Grade 7 page 23-25</p>		
<b>10</b>	<b>1</b>	Personal Management Skills	Managing stressful situations in our lives	<p>By the end of the lesson, the learner should be able to:</p> <p>a) List down ways of managing stress in their lives.</p> <p>b) Discuss the role of Guidance and Counselling services in stress management.</p> <p>c) Design posters with messages on the importance of managing stressful situations.</p> <p>d) Appreciate ways of managing stressful situations in our lives.</p>	<p>In pairs, learners to list down ways of managing stress in their lives.</p> <p>In groups, learners are guided to discuss the role of Guidance and Counselling services in stress management.</p> <p>In groups, learners are guided to design posters with messages on the importance of managing stressful situations.</p>	<p>How do you manage stressful situation in your life?</p> <p>Why do we need to manage stress in our lives?</p>	<p>Pictures Flash cards Photographs Charts Digital devices</p> <p>Mentor; Life Skills Education Learner's Book Grade 7 page 25-28</p>	<p>Oral questions Oral Report Checklist Observation</p>	
<b>11</b>	<b>1</b>	Community Service Learning (CSL)	Community Service Learning	<p>By the end of the lesson, the learner should be able to:</p> <p>a) Brainstorm the meaning of Community Service Learning.</p> <p>b) Identify the activities in their community which people can engage to</p>	<p>In groups, learners to brainstorm the meaning of Community Service Learning.</p> <p>In groups, learners to identify the activities in their community which people can engage to benefit all</p>	<p>What is Community Service Learning?</p>	<p>Pictures Flash cards Photographs Charts Digital devices</p> <p>Mentor; Life Skills Education</p>	<p>Oral questions Oral Report Checklist Observation</p>	

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