



# SOCIAL EMOTIONAL LEARNING (SEL)

## 2023 Secondary One

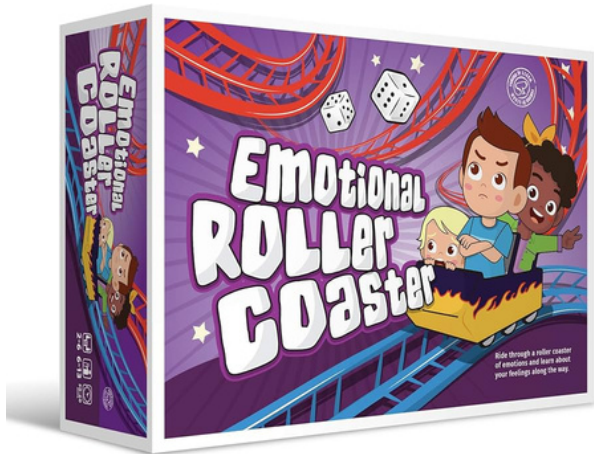
### TOPICS IN TERM 3



Theme:  
Respect Self, Others and Nation  
Unit: Appropriate Interactions



- Identify and respond appropriately to Social Cues
  - *facial expression, body language, tone of voice, personal space*
- Social Skills for class/group interactions
  - *using an appropriate voice, listening, participating in group work*
- Responding to Online Harm
  - *e.g. pornography*
  - *practise Stop-Think-Do and/or No-Go-Tell*
- Racial Harmony Day & National Day
- *A Term, A Value! - Respect*



- Emotional Roller-Coaster Game
  - *express comfortable and uncomfortable emotions*
  - *coping strategies e.g. deep breathing, listening to music, drawing a picture of how you feel*
- Respecting Elders
  - *respectful behaviour towards parents and grandparents*
- *A Term, A Value! - Integrity*



### TOPICS IN TERM 4



Theme:  
Becoming My Best Self  
Unit: Listening to Elders



### OTHER USEFUL INFORMATION



Raising a Resilient Child



Practise OKAY tips for your mental well-being



7 Family-friendly Hiking Trails in Singapore



#### References:

1. <https://www.activesgcircle.gov.sg/activeparents/activities/ap/7-family-friendly-hiking-trails-singapore>
2. <https://www.healthhub.sg/programmes/MindSG/About-Mental-Well-Being#home>
3. [https://www.mindsciencecentre.sg/msc\\_newsevents/mind-parent-booklet-raising-a-resilient-child/](https://www.mindsciencecentre.sg/msc_newsevents/mind-parent-booklet-raising-a-resilient-child/)



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## 2023 Secondary Two

### TOPICS IN TERM 3

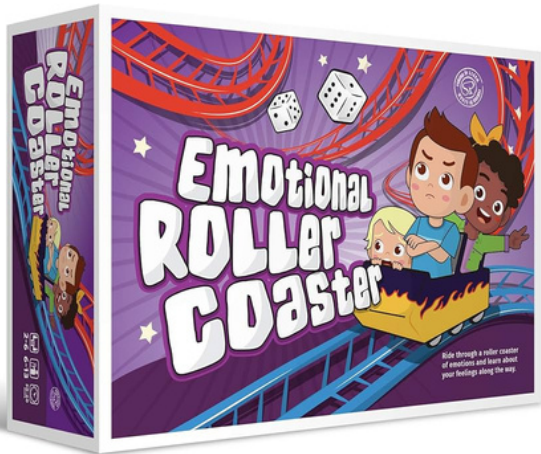


Theme:  
Respect Self, Others and Nation  
Unit: Respectful Interactions



- Identify and respond appropriately to Social Cues
  - verbal and non-verbal cues
- Social skills to communicate respectfully
  - active listening, using 'I' messages, turn-taking
- Responding to Online Harm
  - e.g. pornography
  - practise Stop-Think-Do and/or No-Go-Tell
- Racial Harmony Day & National Day
- A Term, A Value! - Respect

- Emotional Roller-Coaster Game
  - express comfortable and uncomfortable emotions
  - coping strategies e.g. deep breathing, listening to music, drawing a picture of how you feel
- Listening to others' views
  - listen with humility
  - be willing to change based on feedback
- A Term, A Value! - Integrity



### TOPICS IN TERM 4



Theme:  
Becoming My Best Self  
Unit: Listening to Others' Views



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# SOCIAL EMOTIONAL LEARNING (SEL)

## 2023 Secondary Three

### TOPICS IN TERM 3



Theme:

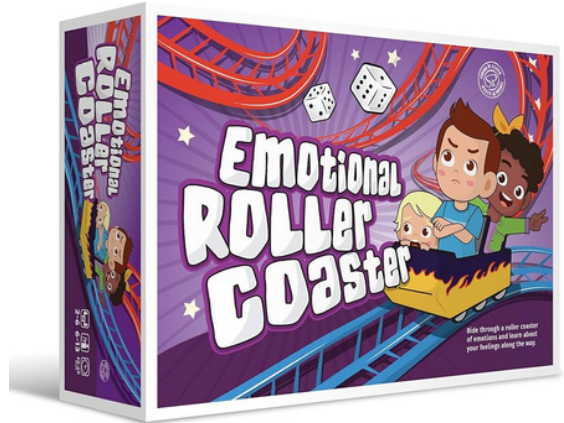
**Respect Self, Others and Nation**

Unit: Coping with Difficult Social Situations



- Coping with difficult social situations
  - *managing disagreements*
  - *using "I" messages, active listening*
  - *making an apology*
- Responding to Online Harm
  - *e.g. pornography*
  - *practise Stop-Think-Do and/or No-Go-Tell*
- Racial Harmony Day & National Day
- *A Term, A Value! - Respect*

- Emotional Roller-Coaster Game
  - *express comfortable and uncomfortable emotions*
  - *coping strategies e.g. deep breathing, listening to music, drawing a picture of how you feel*
- Cultivating Good Habits
  - *demonstrate good behaviour*
  - *encourage and support one another positively*
- *A Term, A Value! - Integrity*



### TOPICS IN TERM 4



Theme:

**Becoming My Best Self**

Unit: Be a Positive Influence



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# SOCIAL EMOTIONAL LEARNING (SEL)

## 2023 Secondary Four

### TOPICS IN TERM 3



Theme:

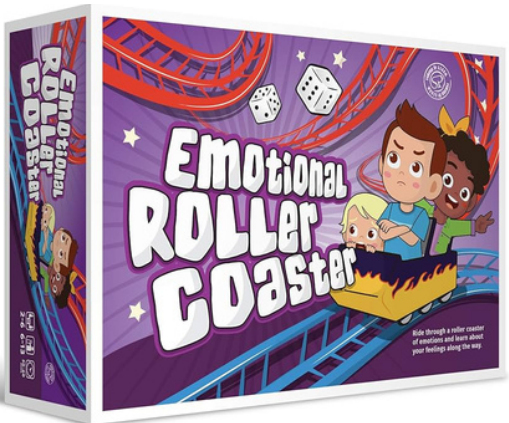
**Respect Self, Others and Nation**

Unit: Working Harmoniously



- Working in groups
  - ways to resolve conflicts e.g. compromise
  - check assumptions, ask questions, take time to understand others, be humble
- Responding to Online Harm
  - e.g. pornography
  - practise Stop-Think-Do and/or No-Go-Tell
- Racial Harmony Day & National Day
- A Term, A Value! - Respect

- Emotional Roller-Coaster Game
  - express comfortable and uncomfortable emotions
  - coping strategies e.g. deep breathing, listening to music, drawing a picture of how you feel
- Making a decision
  - e.g. when caught in a dilemma
  - evaluate consequences of each option
  - impact of decision on self and others
- Service Learning Day
- A Term, A Value! - Integrity



### TOPICS IN TERM 4



Theme:

**Becoming My Best Self**

Unit: Managing Dilemmas



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