

Foundation Programme in Literacy, Numeracy and Skills

SOCIO-EMOTIONAL WELL-BEING GRADE 7 **Teacher's Guide**



Mauritius Institute of Education
under the aegis of



Ministry of Education &
Human Resource

SOCIO-EMOTIONAL WELL-BEING PANEL

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SOCIO-EMOTIONAL WELL-BEING

Teacher's Guide: GRADE 7 - Lesson 1

A. "Emotion Charades and Strengths Showcase (and Finding Helpers!)"

B. Competency (according to TLS), Element, and Performance Criteria

Competency

Element: Recognise and articulate their emotions, thoughts, strengths, and limitations, fostering a positive self-image and confidence in their abilities.

Performance Criteria (Level 1):

- 1.1 Identify and describe basic emotions they experience in different situations
- 1.2 Express their emotions in a healthy manner, using appropriate language and behaviour
- 1.3 Identify their own strengths and limitations without self-judgment
- 1.4 Seek help from trusted individuals when facing challenges or areas of weakness

C. Purpose of Activity

To help students recognise and express emotions and personal strengths through movement, role-play, and speaking. Practise identifying who they can turn to for help when facing challenges, thereby building self-awareness, confidence, and resilience.

D. Learning Outcomes

By the end of the activity, students will be able to:

- recognise and identify different basic emotions
- express and describe emotions through actions and simple words
- identify and showcase at least one personal strength
- identify at least one trusted individual they can seek help from during difficulties

E. Resources and Materials

- "Emotion Cards" with pictures (e.g. smiley face = happy, teary face = sad)
- "Strength Cards" with visuals/icons (e.g. football = good at sports, book = likes reading, smiley = friendly)
- "Helper Tokens" (small cut-outs of hearts, stars, or just colored circles)
 - Hat or box to pick cards from
 - Open space for movement

F. Brainstorm about the different emotions/Implementation Guidelines

Warm-up: Feelings Freeze Game

Teacher calls an emotion ("happy," "angry," "surprised") and students freeze in a matching pose

Part 1: Emotion Charades

- 3 Students pick an “Emotion Card.”
- They act it out without words.
- Peers guess the emotion.
- After acting, the student completes the sentence:
“I feel ____ when ____ happens.”
(Teacher models first. Example: “I feel happy when I play with my dog.”)

Part 2: Strengths Showcase

- Students pick a “Strength Card” or think of a strength.
- They demonstrate it or act it out (e.g. if someone is good at running, they pretend to sprint; if they are good at helping, they act it out).
- After acting, they complete:
“One thing I’m good at is ____ because ____.”
(Teacher models)

Part 3: Finding Trusted Helpers

- Teacher explains:
“Even strong people sometimes need help. It’s brave to ask for support!”
- Students think of a time they needed help.
- Students then pick (or say) a “Trusted Helper” could be ____
(Parent, brother/sister, teacher, friend, etc.)
- Sharing sentences:
“When I feel stuck or sad, I can talk to ____ because ____.”
(If using “Helper Tokens,” the student can symbolically give their token to an imaginary helper.)

Reflection Circle

- Students share:
 - o One emotion they acted.
 - o One strength they showed.
 - o One trusted helper they can turn to.

G. Assessment (Activity Sheet/Worksheet for Students)

- No worksheet
- Assessment will be done orally and through miming

Educator can ask the following questions:

- "Which emotion was easiest for you to show? Why?"
- "How did you feel showing your strength?"
- "Who is one person you can talk to if you are upset or need help?"

H. Extension of Activity**Emotion Story Circle:**

Students build a short oral story together based on different emotions. Each student adds a line based on an emotion card they pick. "I was excited because I found a treasure..." The next student can add: "But then I felt scared when I heard a noise..."

Strengths and Helpers Wall:

Students' names and a drawing/photo of their "strength moment" are posted on a wall to celebrate everyone's abilities.

