

# SOCIO-EMOTIONAL WELL-BEING

## Teacher's Guide: GRADE 8 - Lesson 5

### A. Title of card: "The Learning Ladder" – Discovering and accepting my limitations

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

#### Competency 5.1

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

#### Performance Criteria:

- Identify their own limitations without self-judgment
- Seek help from trusted individuals when facing challenges or areas of weakness
- Analyse how their emotions and thoughts influence their behaviour and decisions, providing examples from their own experiences

### C. Purpose of Activity

To support students in recognising their own learning and emotional limitations, seeing these not as weaknesses but as steps on their personal learning ladder, and beginning to accept them with confidence and curiosity.

### D. Learning Outcomes

By the end of this activity, students will:

- Discover one or more personal limitations through challenge-based play
- Learn to accept these limitations without feeling shame or failure
- Reflect on how their emotions and thoughts influence their reactions
- Begin to see limitations as learning opportunities
- Ask for and receive help from trusted peers

### E. Resources and Materials

- "My Learning Ladder" worksheet
- Spoon, Ping-Pong ball
- Plastic cups, paper, string, rubber bands, spoons

**F. Teaching Trajectories / Implementation Guidelines**

1. Explain to learners: "We all have things we are good at, and things that are hard for us. Today, we will discover what is hard for us."
2. Give each learner 1 blank Learning Ladder sheet.
3. Students will be explained task 1 where they will have to walk 3 meters balancing a Ping-Pong ball or paper ball on a spoon.
4. Engage the whole class in a discussion on the challenges they faced and how they felt during the activity.
5. Explain the second task where students will have to construct a 5-cup tower with one hand only.
6. Lead a class discussion where students talk about any difficulties they experienced during the activity and share how those moments made them feel.
7. Give each student a Learning Ladder Worksheet and ask them to complete it.
  1. One thing I found hard today was: \_\_\_\_\_
  2. How I felt about it: \_\_\_\_\_
  3. One way I can work on it or ask for help is: \_\_\_\_\_
8. Students decorate and colour their ladder. Then pair up with a "Reflection Buddy" to share their answers.

**G. Assessment Criteria**

- Complete the Learning Ladder Worksheet.  
Reflect on the two physical tasks and explain how they felt during the activities.

**H. Extension Activity: "Limitation Leaves" Tree**

Create a class paper tree. Each student writes on a leaf:

"One thing I find hard is... but I'm learning to grow from it."

Stick the leaves on the tree weekly to show collective growth.