

SOCIO-EMOTIONAL WELL-BEING

Teacher's Guide: GRADE 8 - Lesson 7

A. Title of Card: Mindful Moments – Pause, Breathe, Be Kind

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

Competency 5.2

Element: Practice mindfulness and self-compassion techniques to manage stress and promote well-being.

Performance Criteria:

Express their emotions in a healthy and constructive manner, using appropriate language and behaviour.

Reflect on their self-image, balancing self-acceptance with a commitment to personal growth.

C. Purpose of Activity

To help students identify and express their emotions constructively and to begin practising self-kindness and self-reflection through a simple breathing and journaling activity.

D. Learning Outcomes

By the end of this activity, students will:

- Identify and express how they are feeling using simple language
- Practise a mindful breathing strategy
- Reflect on their self-image in a positive and accepting way

E. Resources and Materials

- A4 paper and pencils
- Chalkboard or whiteboard (optional)
- Quiet space for seated activity

F. Teaching Trajectories/Implementation Guidelines

1. Ask students: "How are you feeling right now?" Write 3-4 emotion words on the board (happy, tired, angry, calm). Let students choose one and discuss with their peer.

2. Guide students through 3 rounds of balloon breathing:
 - Sit comfortably with hands on belly.
 - Breathe in slowly through the nose for 3 counts (like inflating a balloon).
 - Breathe out gently through the mouth for 3 counts (deflating the balloon).
 - Repeat 3 times.
3. Ask students to fold an A4 paper in half. On one side, write or draw: 'One thing I like about myself is...'
On the other side: 'One thing I want to get better at is...'
Encourage students to keep this paper and look at it when they feel down.

G. Assessment

Emotional Expression: Student is able to name and express a current emotion.

Mindful Practice: Student participates in guided breathing.

Self-Reflection: Student completes both sides of the self-kindness paper.

H. Extension Activity

End the session with a short circle time: students share (if they wish) one kind thing they told themselves or one emotion they felt during the activity.