



**Our program designed for children age 3 - 12 yrs.**

**Divided in 3 groups by age:**

- Little Seedling (Age 3 - 5 / Early Year)
- Little Sprout (Age 6 - 8 / Key Stage 1)
- Little Tree (Age 9 - 12 / Key Stage 2)

**Each class consists of 6 - 12 students.**

Group	Age / Key Stage	Main Area Focus	
Little Seedling	3 - 5 / Early Year	We focus on Self-awareness and Self-management. Through fun activities, kids learn to explore, recognize and identify feelings, and express them in appropriate ways. Also kids begin to learn basic of problem solving skills. The program is a strong foundation to raise EQ and build friendship skills. Being more confident is another benefit they will gain.	
Little Sprout	6 - 8 / Key Stage 1	The program is emphasized on Self-management, Social awareness, and Relationship skills. We provide activities that strengthen students' Self-awareness and comfortably express their feelings. They also learn how to work as a team. Importantly, they work on their communication skills to build up good relationship with friends.	
Little Tree	9 - 11 / Key Stage 2	Relationship skills and Responsible decision making are the main focuses of this level. Students gain abilities to handle problems such as bullying or academic pressure. They build up their assertiveness. The students also strengthen their confidence and develop team work skills.	

Self-awareness



Self-management



Social-awareness



Relationship skills



Responsible Decision-making



## Program Curriculum: Little Seedling I

Session	Topic	Objective	Area Focus				
1	This is me and I'm special!	To help children identify reasons why they are unique and develop a positive self-concept.					
2	The way I feel	To explore and talk with emotions and feelings To help familiarize children with emotions					
3	What makes me smile	To identify positive feelings To have awareness in what make they feel good					
4	What I do when I'm angry	To help recognizing the physical signs of angry in their bodies To learn to control their emotions					
5	Words are not for hurting	To being responsible for his/her actions To understand appropriate and inappropriate behaviors To explore positive ways to response when other use unkind words					
6	How do they feel?	To identify emotions and feelings To understand what others feel in different situations through literary					
7	My responsibility	To learn about responsibility and discipline To identify what they can do to take care of themselves, family, school and community					
8	Sharing is caring	To learn to respect for others, trust and responsibility To be kind to others					

Self-awareness



Self-management



Social-awareness



Relationship skills



Responsible Decision-making



## Program Curriculum: Little Seedling II

Session	Topic	Objective	Area Focus				
1	I like myself.	To recognize their talents and develop self-regard					
2	You are my superhero	To talk about positive traits in superhero they admire To demonstrate the ability to listen to and appreciate classmates' opinions					
3	Making friends	To learn what qualities make good friends To form a friendship					
4	What colors are your feelings?	To explore and express feelings through Arts					
5	When I'm feeling blue	To identify these vocabulary: sad, disappointed To explore ways to express the feeling					
6	Don't worry, Be happy	To recognize the negative feelings To learn how to relax themselves					
7	What could happen next?	To identify potential conflicts in everyday events To explain how different reactions can make conflicts better or worse					
8	Your greatness will Light up the night sky	To recognize good words and behaviors, and how it can help community their live in To raise self- esteem in children					

Self-awareness



Self-management



Social-awareness



Relationship skills



Responsible Decision-making



## Program Curriculum: Little Sprout I

Session	Topic	Objective	Area Focus				
1	All about you, All about me	To know what you like/dislike To demonstrate the ability to listen to and appreciate classmates' opinions and feelings					
2	What is inside my heart?	To explore their own interests To understand what/who are important to them					
3	Feelings are ok.	To identify their emotions and build emotional vocabulary: angry, embarrassed, worried, excited, surprised, sad, disappointed To know how their feelings can affect people around them					
4	Good feelings Story	To identify positive feelings To list things that make them feel good and share to their friends					
5	Oh! I dropped my ice cream	To learn about negative feelings through Art					
6	My angry volcano (what makes me angry)	To explore the way anger can be expressed To explore degree of anger To be aware of anger and know how to express it appropriately					
7	Is it bullying?	To identify friendly and respectful behaviors among peers To learn how to identify bullying behaviors To explore the differences between bullying and other behaviors					
8	"An amazing playground" Artwork	To work cooperatively and collaboratively in small groups To discuss about the group decision-making process and how they can overcome conflicts that happens					

Self-awareness



Self-management



Social-awareness



Relationship skills



Responsible Decision-making



## Program Curriculum: Little Spout II

Session	Topic	Objective	Area Focus				
1	Self Esteem Pizza	To recognized their talents and develop self-regard					
2	A wrinkled heart	To learn about empathy To take responsibility for their mistakes when they happen To learn to think before they speak and act.					
3	True feelings	To identify emotions and feelings and deal with different them in a positive way. To develop empathy by considering the feelings of others					
4	It's ok to cry when you sad	To learn about loss To explore how deal with change, sadness and stressful situations To identify people they can talk about their feelings					
5	Making choices	To identify how they feel when they have to make choices To be responsible for their decisions					
6	Thinking Flexibly	To understand of the concept of flexible thinking To learn to identify rigid and flexible thinking					
7	"My dream school" Artwork	To learn to communicate to your friends To respect for others, trust and responsibility To be kind to others To make a good plan when working					
8	Superhero I want to become: Positive trait	To learn about positive trait					

Self-awareness



Self-management



Social-awareness



Relationship skills



Responsible Decision-making



## Program Curriculum: Little Tree I

Session	Topic	Objective	Area Focus				
1	Special Me	To recognize their talents and develop self-regard To identify ways to improve their self esteem					
2	Emotion cake	To feel comfortable expressing emotions/feelings To identify feelings and emotions and accept them on daily basis					
3	Walk in my shoes (Role Play)	To help children identify different perspectives To help interpret and understand various sources of information and the experiences of others To understand and predict the impact of their own actions on others					
4	The emotion thermometer (Rating your emotion)	To identify feelings and emotions To recognize how big the problem is To help keeping their own reactions under control					
5	Sad and how to feel better	To identify situations that can make children feel sad To learn things children can do to help cope with sadness					
6	Making a poster “When I feel frustrated or angry, I can .....”	To recognize how their anger is triggered To explore coping skills To know what can make them feel good					
7	Fairly Tale Conflict	To identify meaning of conflict and practice solving conflict To identify feelings and needs behind conflict					
8	The lifeboat	To build teamwork skills To discuss about the group decision-making process and how they can overcome conflicts that happens To learn to control themselves and listen to other’s opinions					

Self-awareness



Self-management



Social-awareness



Relationship skills



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## Program Curriculum: Little Tree II

Session	Topic	Objective	Area Focus				
1	10 things I Like about myself	To develop self-regard To identify what their strengths and what they want to improve					
2	Inside/Outside Mask	To talk about the reasons for keeping certain feelings hidden To recognize the masks children might wear					
3	Social Detective	To become a better observer and figure out other's plan To read other's plans by observing their actions					
4	Coping with stress	To identify what stress is To identify ways to manage stress					
5	What should I do?	To learn about problem solving cycle To make an appropriate choice when it comes to decision-making					
6	Student Call Center (Solving problems)	To identify meaning of conflict and practice solving conflict. To identify strategies for managing and resolving conflict					
7	Tall buildings using straws	To make a plan and work cooperatively in small groups To discuss about the group decision-making process and how they can overcome conflicts that happens To promote effective communication skills					
8	Negative Nana trying to be positive. Help her!	To identify positive and negative things in a situation To focus on positive thought rather than negative thought					

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