

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Peace Education	Grade Level:	7
Quarterly Theme:	Community Awareness <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Date:	February 23, 2024
Sub-theme:	Compassion: Promoting Sustainable Development <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)</i>	Duration:	70 mins <i>(time allotment as per DO 21, s. 2019)</i>
Session Objectives:	By the end of the lesson, students will understand the importance of compassion in promoting sustainable development within their community.	Subject and Time:	English-Reading <i>(schedule as per existing Class Program)</i>
References:	K to 12 Basic Education Curriculum		
Materials:			
Lesson Proper	Duration	Activities	
	5 minutes	Introduction Begin by asking students what they think the word "compassion" means. Encourage responses and guide the discussion to the idea of caring for others and making a positive impact on their lives. Emphasize that compassion involves understanding and helping others in need.	
	10 minutes	Icebreaker Activity "Kindness Chain": Provide strips of paper to each student. Instruct them to write one kind act they can do for someone else on their strip of paper. Once everyone has written their act of kindness, help them create a chain by linking their strips together. This activity demonstrates how small acts of compassion can connect to create a bigger impact.	
	8 minutes	Multimedia Exploration Show a short video or series of images depicting acts of compassion and sustainable development within communities. Discuss with the students what they observe and how these actions contribute to making the world a better place.	
	8 minutes	Small Group Discussion Divide students into small groups and provide them with discussion questions related to the video/presentation. Encourage them to share their thoughts on how compassion can drive sustainable development and ways they can contribute to their own community.	

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	5 minutes per group	.Divide the class into small groups and assign each group a specific theme related to compassion and sustainable development (e.g., helping the environment, caring for animals, supporting community members in need). Provide prompts to guide their discussion, such as: • What are some ways we can show compassion toward this theme? • Why is it important to care for this aspect of our community? • How can our actions contribute to sustainable development in this area? Sample Activities per Theme: Teachers may choose one activity from the following options based on the assigned theme: • Role-playing: Act out scenarios where students demonstrate compassion toward the chosen theme (e.g., rescuing a stray animal, planting trees). • Hands-on Activities: Engage students in practical tasks related to the theme, such as cleaning up a local park or creating bird feeders for wildlife. • Creative Activities: Allow students to express their ideas through art by making posters, writing slogans, or composing jingles related to the theme. • Interactive Activities: Facilitate group discussions or debates on how to address challenges related to the theme within the community.
Class Reflection	2 minutes	Bring the class back together and invite each group to share one key insight or idea from their discussion. Encourage students to listen attentively and reflect on the perspectives shared by their peers.
Conclusion and Homework Assignment	2 minutes	Summarize the importance of compassion in promoting sustainable development within the community. Assign students to think of one new way they can show compassion toward others or the environment and write it down as their homework assignment.
		Materials Needed: • Strips of paper • Art supplies (if applicable) • Multimedia resources (video/images) • Group discussion prompts

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Recommending Approval:

Approved:

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