

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Peace Education	Grade Level:	5
Quarterly Theme:	National and Global awareness <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4)</i>	Date:	APRIL 12, 2024
Sub-theme:	Optimism: Peace concepts (positive and negative peace) <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4)</i>	Duration:	70 mins <i>(time allotment as per DO 21, s. 2019)</i>
Session Objectives:	Students will understand the concept of optimism and its role in promoting positive attitudes towards peace.	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 the lesson by asking students what they know about the word "optimism." Explain that optimism is about looking at the brighter side of things and believing in the possibility of positive outcomes. Relate optimism to the concept of peace by suggesting that optimistic people believe in the possibility of a peaceful world.	
	10 minutes	Icebreaker Activity (10 minutes): "Peace Begins with Me" circle. Have students stand in a circle. Pass around a small object (like a ball or a pebble) and when holding the object, each student shares one positive thought or action that can promote peace in their community. This activity aims to warm up the group and introduce the idea that everyone has a role in creating peace.	
	8 minutes	Multimedia Exploration (8 minutes): Show a short video or a series of images that depict acts of optimism leading to peaceful resolutions in different contexts (community, school, global). This can include stories of individuals or groups who have made a positive impact through their optimistic outlook.	
	8 minutes	Small Group Discussion (5 minutes per group): Divide the class into small groups and ask them to discuss the following questions: - How did the people in the video/images show optimism? - Can you think of a time when having a positive outlook helped solve a conflict? - How can optimism help us achieve peace?	
	5 minutes per group	Sample Activities (Select 1, teachers' choice): Role-playing: Students act out scenarios where optimism leads to peaceful outcomes. Hands-on Activities: Creating a "Peace Garden" in the schoolyard with plants that represent different peaceful nations. Creative Activities: Poster making or slogan writing about optimism and peace.	

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		• Interactive Activities: Group discussions or debates on how optimism can lead to either positive or negative peace. • Jingle Writing and Singing: Students create a short song about the importance of optimism in achieving peace.
Class Reflection	2 minutes	Invite a few students to share their group discussions or any insights they gained from the activities. Highlight the importance of optimism in peace-building efforts.
Conclusion and Homework Assignment	2 minutes	Conclude by summarizing the key points learned about optimism and its role in peace. For homework, ask students to write a short paragraph or draw a picture that represents what peace means to them and how optimism can help achieve it. Encourage them to think of one optimistic action they can take in their community to promote peace.

Prepared By:

Teacher I

Recommending Approval:

Approved: