CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

Catch-up Subject:	Peace Education	**Grade Level:**	5
Quarterly Theme:	Community Awareness *(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)*	**Date:**	MARCH 8, 2024
Sub-theme:	**Hope: Principles of peace** *refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 3)*	**Duration:**	70 mins *(time allotment as per DO 21, s. 2019)*
Session Objectives:	Students will understand the principles of peace through the concept of hope, recognizing its importance in fostering harmonious relationships within the community.	**Subject and Time:**	English-Reading *(schedule as per existing Class Program)*
References:	K to 12 Basic Education Curriculum		
Materials:			

Lesson Proper	**Duration**	**Activities**
	5 minutes	**Introduction** Begin by discussing the importance of hope in building peaceful communities. Use relatable examples or stories to engage students and help them understand the significance of hope in their daily lives and interactions with others. **Icebreaker Activity** Conduct a "Hope Circle" activity where students share their hopes and aspirations for themselves and their community. Encourage active listening and positive reinforcement. **Activity: "Hope Circle"** • Have students sit in a circle. • Each student shares one thing they hope for in their community or the world. • Encourage active listening and respectful responses.
	10 minutes	**Multimedia Exploration** Show a short video or presentation that highlights the role of hope in promoting peace and resolving conflicts. This could include real-life examples, quotes, or images that illustrate the power of hope in challenging situations. **Small Group Discussion** Divide the class into small groups and assign each group a specific aspect of hope and its role in fostering peace. Sample themes could include: 1. Hope in overcoming adversity 2. Hope in building bridges between different communities 3. Hope in promoting forgiveness and reconciliation

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	8 minutes 8 minutes 5 minutes **per group**	Each group discusses their assigned theme and brainstorm ways to cultivate hope within the community. Encourage students to share personal experiences or examples they've encountered. **Sample Activities per Theme:** Teachers may choose one activity from the following options: • Role-playing scenarios where students demonstrate acts of hope and peace in various situations. • Hands-on activities like creating a peace-themed poster or artwork that depicts messages of hope. • Interactive activities such as group discussions on how hope can positively impact community relationships. • Debate on health issues related to mental well-being and the role of hope in promoting resilience.
Class Reflection	2 minutes	Gather the class back together and allow each group to share their discussions and insights. Encourage students to reflect on what they've learned and how they can apply it to their lives.
Conclusion and Homework Assignment	2 minutes	Summarize the key points discussed during the lesson. Assign students to write a short reflection on the role of hope in their own lives and how they can contribute to building a more hopeful and peaceful community. This reflection can be in the form of a journal entry, poem, or letter to someone they care about.

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Teacher I

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