



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office of Navotas City

THE USE OF VISUAL CALENDAR TO HELP PUPILS OF KINDER – PULA AND KINDER – PUTI COPE WITH SEPARATION ANXIETY
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ABSTRACT This study focused on helping Kinder – Pula and Kinder – Puti overcome their separation anxiety. Drop-offs can be emotionally tricky for some children. Saying goodbye each morning, some children can cling to their parents and refuses to be left in school. This is a normal occurrence in Kindergarten in the first few weeks of classes. But there are some kids who still refuses to be left by their parents in school even its months ago since the beginning of classes.	
INTRODUCTION The researcher used VISUAL Calendar to help pupils of Kinder – Pula and Kinder – Puti cope with separation anxiety. A visual calendar is an illustrated calendar for daily activities and tasks. It is a visual schedule that shows a timetable for the day. This shows children the activity they are doing, and what’s going to happen next. “Uncertainly can fuel separation anxiety. When children are being dropped off, they aren’t always sure when they’ll see their families again, which makes it harder to say goodbye – or “see you later.” That’s where a visual calendar can help. “(6 Teacher-Approved Tips to Help Children Tackle Separation Anxiety)	CONCLUSION The use of VISUAL CALENDAR had been very effective to help pupils cope with their separation anxiety. Pupils exhibited positive response to the visual schedule presented to them. They were enthusiastic and always looking forward to the next activity.
STATEMENT OF THE PROBLEM What is the effect of VISUAL calendar to help pupils of Kinder – Pula and Kinder – Puti cope with separation anxiety?	RECOMMENDATION Visual Calendar provides a clear way of communicating with pupils about upcoming activities. By introducing a sense of predictability to the class, all pupils can be prepared for the day and it creates a sense of routine. That is why, I strongly recommend the tuse of Visual Calendar not only in Kindergarten but to primary grade pupils as well.
METHODOLOGY Participants are the pupils of Kinder – Pula and Kinder - Puti. The teacher used of VISUAL calendar to help pupils track the time until the end of their class. This helped them relax and accomplish each task enthusiastically. The teacher took notes of the progress in the behavior of each identified pupils with separation anxiety until the time that they are ready to be left by their parents in school.	REFLECTION Giving our learners a visual schedule can help them develop a sense of independence. By having a visual schedule, pupils are less reliant on teachers and parents. The use of Visual calendar gives pupils a degree of independence and autonomy in knowing what they will experience throughout the day.
RESULTS AND DISCUSSION As per the notes of the teachers during the entire implementation of the study, pupils showed positive response in the VISUAL calendar. Aside from the observation that most of the pupils had overcome their separation anxiety, the activity also motivated them to regularly come to school. The parents` feedback said that their children	REFERENCE https://teachingstrategies.com/blog/teacher-approved-separation-anxiety-tips-for-children/#:~:text=Teachers%20can%20also%20ask%20families,loved%20ones%20in%20the%20classroom.



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were very eager to come to class and excited for the next activity.	
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