

Lesson plan for teachers



Developing Student's Emotional Skills

TOOL 1

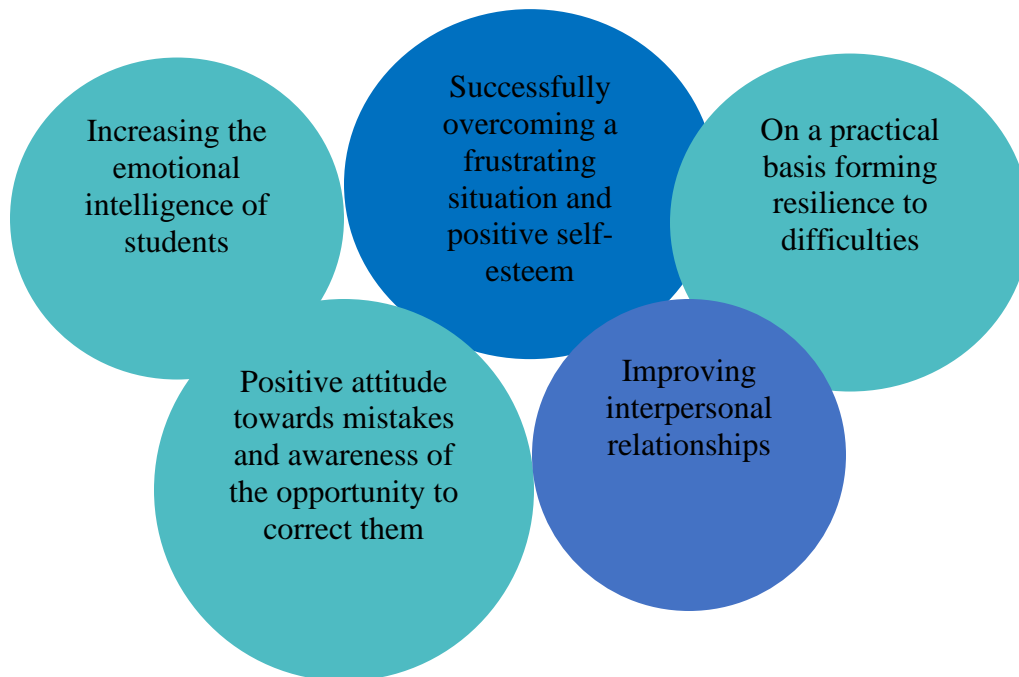
Tolerance to frustration

Student activities in class

Name of the tool

Group work on tolerance to frustration

Objectives of the tool



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Relationship of activity with skill

Students are divided into 4 teams and given the task to solve the following case study:

Today you are at school, you have homework in 4 exercises:

in mathematics - your school notebook; in reading - to write a composition on a given topic; in English - a project and in man and society - to prepare for a test. Today you and Mom also have to go shopping and take the cat to the vet at 5:00.

How will you do? How will you arrange your tasks so that you can handle everything?



Each group is given a sheet of paper, explaining that they must first write down how they feel and then solve the case.

Finally the floor is given to the speakers of each group to present their solution to everyone.

Results

Students:

- ✓ They manage to allocate their time properly
- ✓ Grade the importance and urgency of tasks
- ✓ Offer to seek help

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- ✓ Realize that with proper organization, one has excellent frustration tolerance and even has free time left over
- ✓ Gain greater confidence
- ✓ Increase their emotional intelligence

Introduction to the tool

Each group is given a sheet of paper, explaining that they must first write how they feel and then solve the case.

Time

One lesson - 40 minutes

Resources and materials needed

Each group of children is given a white sheet and coloured pencils.

Tips for implementing the Tool by teachers

The teacher can give the students a case study of their choice, using their imagination and creative thinking and also taking into account the specifics of the group. The methods s/he can use are: discussion, teamwork or brainstorming.

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The most appropriate age group for teachers to perform the tool

Third and fourth-grade students.

Benefits (appropriateness) of the Tool (possible issues, in-person/online implementation, tailoring the Tool to specific environments, students with special needs, etc.)

It is also possible to implement online.

Since children are being challenged to solve a real-life case, this is very useful because it makes them think, learn how they would act in a similar situation without acting out frustration, and enrich their emotional intelligence.

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Tolerance of frustration

Student activities in class



Name of the tool

I am not afraid to try and be wrong

Objectives of the tool

Children to achieve a positive developmental attitude with risk taking.

Relationship of activity with skill

Students know how to learn from their mistakes.

Results

Growth and development mindset, positive attitude towards mistakes.

Introduction to the tool

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♥ **Knowledge:** students know how to learn from their mistakes.

♥ **Skills.**

♥ **Attitudes:** Growth and development mindset, positive attitude towards mistakes

Time

One lesson – 40 minutes

Resources and materials needed

- White sheets;
- Colored pencils or felt-tip pens

Tips for implementing the Tool by teachers

3-4 class

Benefits (appropriateness) of the Tool (possible issues, in-person/online implementation, tailoring the Tool to specific environments, students with special needs, etc.)

Students learn to analyze the causes and consequences of situations in which they have made a mistake and not to repeat them.

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