

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 7	SOCIAL STUDIES			

WEEK 1: LESSON 1

Strand: Personal Development

Sub Strand: Self-Exploration

Specific Learning Outcomes:

- By the end of the lesson, students should be able to:

1. Identify personal strengths and abilities for holistic development.
2. Create a list of personal strengths and abilities for holistic development.
3. Develop confidence in discussing individual abilities and strengths.

Key Inquiry Questions:

- What are your abilities?
- How can personal abilities and strengths influence career choices?

Learning Resources:

- Lesson notes
- Reflection sheets
- Social Studies & Life Skills Textbook

Organisation of Learning:

Introduction (5 minutes):

- Review the previous lesson focusing on the importance of self-awareness.
- Guide learners to read and discuss relevant content from the learning resources, emphasizing the understanding of the key concepts related to personal strengths and holistic development.

Lesson Development (30 minutes):

Step 1: Understanding Abilities

- Introduce the concepts of "abilities" and "holistic development."
- Allow students to discuss in pairs what they understand by these terms.
- Provide clarification and examples to ensure comprehension.

Step 2: Group Brainstorming

- In small groups, learners brainstorm and list various types of abilities (e.g., artistic, athletic, academic).
- Each group presents their list to the class. Record key points on the board.

Step 3: Self-Reflection and Journaling

- Students individually reflect on their personal abilities and strengths.
- Instruct them to write down their thoughts in their reflection sheets.
- Give students an opportunity to share one personal strength with a partner.

Step 4: Holistic Development Discussion and Presentation

- Lead a class discussion on how these personal abilities can contribute to overall development and inform future career choices.
- Invite a few students to share their findings from the reflection activity and discuss how they plan to use their strengths.

Conclusion (5 minutes):