



*Joyful
Journeys*

COURSE BOOK

5-8 YEAR OLDS

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5-8 YEARS

6 blocks of 6 weeks – total 36 weeks per year

The overall objective of our interdisciplinary learning journeys is to develop a growth mindset, which will lead to each learner accessing their power, believing in themselves, spreading love, and flying high.

Topics for Understanding our World

- 1. Me, My Location, My Community, My Culture**
- 2. Continents and Oceans**
- 3. Communities/Cultures across continents**
- 4. Habitats and Climates of humans, animals, fish, and birds of each continent**
- 5. Environmental Awareness – Sustainability, Pollution, Recycling, Climate change**
- 6. Beyond Earth – The Solar system and human exploration of the Cosmos**

EXPLORATION: SELF-GROWTH AND UNDERSTANDING OUR WORLD

Self-growth outcomes

BLOCK 1

- ♥ Explore where they came from, their culture and personal history (1) (Lesson 1 Self-Growth)
- ♥ Become aware of ways that make them who they are (1) (Lesson 2 Self-Growth)
- ♥ Explore ways in which they are different to others (1) (Lesson 3 Self-Growth)

BLOCK 2

- ♥ Become aware of strengths and weaknesses and how they can work on their development (2) (Lesson 4 Self-Growth)
- ♥ Understand that they have choices on how they behave towards others (2) (Lesson 5 Self-Growth)

BLOCK 3

- ♥ Begin to develop creativity and explore ways of solving problems (3) (Lesson 6 Self-Growth)
- ♥ List and discuss hobbies and interests and talk about how they can expand on these (3) (Lesson 7 Self-Growth)
- ♥ Be aware of the importance of showing appreciation for what others do for them (3) (Lesson 8 Self-Growth)

BLOCK 4

- ♥ Identify and manage strong emotions (4) (Lesson 9 Self-Growth)
- ♥ Explore what a positive mindset means (4) (Lesson 10 Self-Growth)

BLOCK 5

- ♥ Become aware of how to set goals, firstly by identifying their values and passions (5) (Lesson 11 Self-Growth)
- ♥ Build their confidence and self-esteem by overcoming challenges and developing new skills (5) (Lesson 12 Self-Growth)

Lesson 1 – SELF-GROWTH (BLOCK 1)

Topic (What)	Self-Growth
Learner Outcomes (Why)	♥ Explore where they came from, their culture and personal history
Age Group	5-8 years
Duration	Flexible

What should learners already know

Which country they came/come from

Key Vocabulary

Culture, personal history

Lesson 1 – (How)

Materials Required

- Picture books or visuals representing different cultures and traditions
- Construction paper
- Crayons or markers
- Scissors
- Glue
- Index cards
- Sticky notes
- World map or globe
- Music player

Opening

- Gather learners together.
- Engage them in a conversation about their families and where they come from.
- Ask questions like:
 - ♥ "Do you know where your grandparents or parents were born?"
 - ♥ "Do you know any special traditions or customs from your family?"

Activity 1

- Show picture books or visuals representing different cultures and traditions.
- Briefly discuss the concept of culture and explain that each person's family and background contribute to their unique identity.
- Talk about the importance of understanding and appreciating different cultures.

Activity 2

- Distribute construction paper, crayons/markers, scissors, and glue to each learner.
- Instruct them to create a timeline of their family history.
- They can draw or write about important events or milestones such as births, weddings, or special family traditions.
- Encourage them to include pictures or photographs if available.

Activity 3

- Provide each learner with construction paper, magazines, scissors, and glue.
- Explain that they will create a cultural collage representing their own heritage and traditions.
- Instruct them to cut out pictures or words from magazines that symbolise their culture or things they find meaningful.
- They can arrange and glue the cut outs onto the construction paper, creating a collage that reflects their identity.
- Allow time for sharing and discussing their collages with their peers.

Activity 4

- Display a world map or globe in the room.
- Give each learner an index card and a sticky note.
- Instruct them to write their name on the index card and attach the sticky note to the location on the map where their family originates from.
- Discuss different countries and regions as each learner places their sticky note on the map.
- Encourage them to ask questions and share interesting facts about different places.

Extension Activities

- Invite family members or community members from different cultures to share their traditions and stories with learners.
- Plan a multicultural day or event where learners can showcase their collages, perform traditional dances or songs, or share cultural foods.

Consolidation

- Gather learners back together.
- Ask them to share their experiences during the activities, focusing on what they learned about their personal history and culture.
- Facilitate a discussion on the importance of respecting and appreciating cultural diversity.
- Encourage them to share any new insights or discoveries about themselves or their peers.
- Summarise by highlighting the significance of embracing their own identities and understanding others.

Note: It's important to create a safe and inclusive environment during these activities, ensuring that all learners feel valued and respected regardless of their cultural background.