

LESSON PLAN FOR THE MONTH OF JULY

CH -: MEETING LIFE CHALLENGES

CLASS - XII

SUBJECT: PSYCHOLOGY

PRE CONTENT / CONTENT / POST CONTENT	LEARNING OUTCOMES	
	GENERAL	SPECIFIC
Pre-Content The students familiar with the terms like 'stress', 'depression', etc. and use these terms when they feel low during exams., conflicts with family and friends, etc.. Content • Nature of Stress • Types and Sources and consequences of Stress • Ways to manage Stress, Life Skills and Positive Health Post Content To ensure proper learning and application , following to be practiced- • Recapitulatory class discussion • revision test • assignment	The students would be able to – • enhance their sensitivity and awareness regarding human behavior . • introspect for realizing the causes and effects of stress • realise the significance of positive health and well-being for a happy life . • share their experiences and perceptions	Students will be able to – • perceive stress in self and others. • analyze the reasons for stress and predict ,somewhat, the consequences. • perceive the importance of Positive Health and Life Skills. • analyze their understanding and application

Homework / Assignments -

- Questions from the topics covered
- Reference work.

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TOPIC: Meeting Life Challenges

Teaching Aids: Textbook, Active Inspire Board, Internet, newspapers, magazines, Reference books, etc.

TEACHER'S ACTIVITY	STUDENT'S ACTIVITY	TEACHER'S OBSERVATION & REMEDIAL
ACTIVITY 3.1- activity at Pg. 55 of textbook Teacher will give instructions for the activity (Signs of stress) ACTIVITY 3.2 : Textbook activity(Pg. 61) Teacher will guide regarding the way the activity is to be performed.(self evaluation of ability to cope) ACTIVITY 3.3 Teacher will divide the class in groups .Each group to dramatise depicting a life skill, (Annexure 3.3 A) teacher will clarify the doubts related to subject matter	Activity 3.1 : Students will introspect and report accordingly. Activity 3.2- Students will do as guided and share their responses Activity 3.3 - Students to do the role play as per the allotted life skill (Annexure 3.3 a) They will share their knowledge and actively participate in class discussion.	This column will be filled in by the teacher after completion of the chapter

Methodology / Innovative Methods: Interactive discussions (experiences and observations shared), activities based teaching learning.

Interdisciplinary Links: Medicine, Biology, Spiritually well-being (Humanistic Existential Therapy)

Vice Principal

Principal

ANNEXURE 3.3

Teacher's Activity : Annexure 3.3 A

Teacher will

- divide the class into 6 groups
- prepare 6 flash cards mentioning one life skill on each card.

ASSERTIVENESS	TIME MGMT.	RATIONAL THINKING	IMPROVING RELATIONSHIPS	SELF CARE	OVERCOMING UNHELPFUL HABITS
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- Give one flash card to each group with an instruction to prepare and enact a challenging situation being tackled effectively using the given life skill.
- Ensure that 10 minutes for within group discussion and preparation of situation is given and later 4 minutes presentation time is ensured .
- provide feedback for students' presentations and facilitate students in participating during recapitulation .

Students' Activity: Annexure 3.3 a

Students will

- listen actively and prepare a group presentation as per the life skill allotted and enact a situation one by one and get feedback from classmates and teacher.
- take care of completing task within time limit.
- participate in post activity discussion critically examining the significance of these life skills in maintaining a positive health and wellbeing.

SIGNIFICANCE OF LIFE SKILLS FOR US

LIFE SKILLS	SIGNIFICANCE OF LIFE SKILLS
EXAMPLE: ASSERTIVENESS	