

2A Form Teacher Period Experiences (Mr Melvin and Mr Cyrus)

Teck Whye Secondary School 2020

Brief overview

Together with their Form Teachers, Class 2A started to co-conceptualize and used the 5Cs approach for her daily live FT period during the FHBL (April to May). This 5Cs innovative approach are based on, and adapted from the principles and theories of Knowledge Building, Positive Education and NE (4 Key Citizenship Dispositions). Enjoying the numerous benefits of this approach, it has now since extended to FT face-to-face classroom period on a daily basis 😊

Anecdotal Evidence (from a student)

"I like our 5Cs approach, especially the Let's Check-in part where everyone is able to show their mood through the emoji calendar. It is nice to know how our classmates feel. I like how our feelings are acknowledged. I feel that it is important to know each other feelings first so that we can better learn and work together as a class community. I also like the Let's Converse and Let's Connect part. It allows us to bond closer together and realize there are many positive news around the world. It just depends on how we look or re-look at the news. If I have a chance to improve the 5Cs further, I will like to include achievement of the day in Let's Conquer part. Example how I achieve my goals yesterday. This will spread positivity even more..." By Vice-Chairperson of Class 2A (June 2020)

General Overview of the Pedagogical approaches

Knowledge Building (KB)

>> Features: Social Constructivist. Idea-Centric, Student-Driven Practices. Knowledge Creation.

>> More details can be obtained from <https://kbsingapore.org>

Positive Education (PE)

>> Features: Appreciative. Affirmative. Associative.

>> More details can be obtained from <https://positivepsychology.com/what-is-positive-psychology-definition/>

NE (4 Key Citizenship Dispositions)

>> Sense of Belonging, Sense of Reality, Sense of Hope and Will to Act

>>More details can be obtained from <https://www.moe.gov.sg/docs/default-source/document/education/programmes/national-education/ne-review-2016-2017-booklet.pdf>

Details of the 5Cs Approach [General]

Note: 1. On a daily basis, different students will conceptualize and lead the different aspects of the 5Cs. 2. On a bi-weekly basis, the Class Committee comes together to generate ideas to further enhance on this 5Cs approach. 3. The current 5Cs approach is updated as of June 2020.

(i) Let's Check-in [Feel of the Day]

General Process: Each student designed his or her personal Emoji calendar. At the start of the day, students will flip to the emoji that best describes their day (there are 26 different emojis in their calendar) and reflect on how they can turn their negative emotions to positive ones (self-regulate) or how they can help their peers who are feeling down (community).

<u>KB Principle(s)</u>	<u>Positive Education</u>	<u>NE Key Dispositions</u>
Epistemic Agency	Positive Emotion	Sense of Reality
Collective Responsibility	Positive Efficacy	Sense of Belonging
		Will to Act

Sample of the Emoji Calendars (See how it has been enhanced along the way)



(ii) Let's Conquer [Star of the Day]

General Process: 1-2 students are given the platform to do a "1 Minute of Fame" showcasing their interests, skills and/or hobbies. In the process, others can learn and be inspired from them. For example, this includes baking, singing, coding, games strategies. There are examples where students build on the earlier showcase by giving other techniques or aspects.

<u>KB Principle(s)</u>	<u>Positive Education</u>	<u>NE Key Dispositions</u>
Real Ideas	Positive Accomplishment	Sense of Belonging
Idea Diversity	Positive Acknowledgement	
Improvable Ideas		

(iii) Let's Converse [Conversation of the Day]

General Process: Students are split into groups of 4. They will be sharing on any 1 of the following 3Gs (with relation to their personal experiences) -- What's Great? What are you grateful for? What gets you going? Presently, the class has generate and used 3 different framework/steps to deepen the conversation.

<u>KB Principle(s)</u>	<u>Positive Education</u>	<u>NE Key Dispositions</u>
Epistemic Agency	Positive Reflection	Sense of Belonging
Pervasive KB	Positive Relationship	Sense of Hope
Improvable Ideas		

Sample of how the conversation (See how it has been enhanced along the way)

The collage consists of four cards:


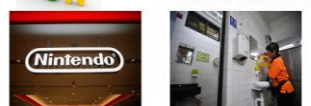




- Top-left card:** "Share about your experiences yesterday" with the text "GREAT Good GRATEFUL" in colorful, stylized letters.
- Top-right card:** "WHO AM I HOME WITH?" featuring a house outline and a question: "What are you grateful to EACH of your family members (can include your lovely pets too) for?". It includes a small text box: "Draw a description of all Family Members (including any lovely pets) inside with one member. * Age = What you I grateful to them for? (To include a pet)!"
- Bottom-left card:** "1 of the 5 skills of Resilience is letting go (mentally/emotionally/physically) . Share your personal story / experience on how letting go has made you who you are today ."
- Bottom-right card:** "What did you do to not get bored today?" with a flowchart showing "MORNING", "AFTERNOON", and "EVENING" leading to "CONNECTION". It also includes a drawing template with boxes for "Name", "Date", and "Story" and a question: "Rest in the gp do ask qns after your gp/ate shares his/her story".

(iv) Let's Connect [News of the Day]

General Process: Students are on a rotational basis. Each day, there will be 2-4 presenters to provide the latest news/issues to the class. They will need to reframe the issues/news to ensure that it is positive-orientated. Following which, the class is invited to provide their opinions and ideas to the multi-disciplinary questions that the presenters had set (based on the news).

<u>KB Principle(s)</u>	<u>Positive Education</u>	<u>NE Key Dispositions</u>
Real Ideas, Authentic Problems	Positive Outlook	Sense of Reality
Democratizing Knowledge	Positive Originality	Sense of Hope
Idea Diversity		Will to Act

Sample of the News (See how it has enhanced along the way)

<ul style="list-style-type: none"> · <i>Guess it: Picture - What's the news?</i> · <i>Score it: Sweet to sweeten your life</i> <p><i>Hope this will motivate all of you to read more news;</i></p>	<p><i>Singapore</i> GLOBAL</p>  <p>Sg: For the interested household, what will they receive? Global: Who receive help from the protestors?</p>	<p>FUN ENVIRONMENT</p>  <p>Fun: A game that captivated many people to play in the past Env: Something related to hygiene when people can dine in for Phase 2.</p>
<p>SINGAPORE</p>  <p>Wage support will be extended to second circuit breaker month of May: DPM Heng Swee Keat</p>	<p>Positive relate back to us</p>  <p>WELCOME RESPECT</p>	<p>Thinking Time</p> <p>Think of 2 ways that Singaporeans can do to welcome foreign workers who are working in Singapore</p>
<p>ENVIRONMENT</p>  <p>Coronavirus disrupts global fight to save endangered species</p>	<p><i>Positive</i> <i>Relate back to Us</i></p>  <p>Awareness PREVENT inventions</p>	<p><i>Thinking Time (Sci & CCE)</i></p> <p>Some Zoos suggested the idea to feed their carnivores' animals with herbivores. What's your thoughts?</p>

(v) Let's Commit [Challenge of the Day]

General Process: CCE representatives are to provide a daily challenge to the class. At individual level, the students strive to embrace, execute and encourage each other in pursuing the challenge and get ready to share their experiences the following day.

KB Principle(s)	Positive Education	NE Key Dispositions
Collective Responsibility	Positive Empowerment	Sense of Belonging
	Positive Engagement	Will to Act

Sample of Challenge issued for holidays (pamphlet created by class students)

C.R.E.A.T.I.V.E. ways to spend your holidays :)

Let's Exercise More

Let's Tidy Up

- 1) Throw away items that you hardly used
- 2) Tied up usable items and give it to others or charitable organizations
- 3) Use Towel and wet tissue to clean the items
- 4) Create a Theme so that you can re-arrange the items creatively

Let's Attempt our CBD activities

Let's Revise & Read

LET'S CREATE

AIRPLANES

Together with your family, you can learn how to make and fold 5 different types of paper airplanes and have fun! Scan the above QR code to access the video.

Let's Cook & Bake

Let's Investigate more

Let's Take Turns

Get your family members to play a round of scribbliio where you can take turns to know one another more and also having fun in guessing what each other is drawing

Let's View

Great time of bonding with your family members since most of us are at home! You can bond by watching movies, documentaries, variety shows. Perhaps, you can arrange for all to share their views or opinions after the shows.

Let's Explore

Visit Mars

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G.R.O.W.I.N.G. holidays for you & your family:)

"Change the way you look at things and the things you look at change" -- Wayne Dyer

Optimism

WILLPOWER

Remember... loading... ..but I refuse to sink"

NOVELTY

Combine Subjects

Connect Ideas

RISE ABOVE

"Innovation (Thinking out of the box) distinguishes between a leader and a follower" -- Steve Jobs

GIVING

Give encouragement

Give your time

"At the end of the day, it's not about what you have or even what you've accomplished. It's about who you've lifted up. Who you've made better" -- Denzel Washington

Volunteer to do household chores

GRATITUDE

"You cannot escape the RESPONSIBILITY of tomorrow by evading it today" -- Abraham Lincoln

SGSECURE

Let's learn & practice Social Responsibility (what we can do for space & the world)

Write post-it notes to tks your family members for who they are & what they have done for you

Spend quality time with them by listening to their stories & challenges

Make a personalized gift for them i.e. Photo-frame, bookmark

Give them a treat or cook and bake items for them

"Trade your expectations for appreciation and your whole world changes in an instant" -- Tony Robbins

Ways you can Grow yourself in becoming a person of:

Gratitude. Responsibility. Optimism. Willpower. Intellect. Novelty. Giving.

GROW YOUR INTELLECT

- 1 Read a chapter in a book
- 2 Watch educational videos instead of TV
- 3 Read the newspaper
- 4 Check to add your specific knowledge sources
- 5 Share what you learn with other people
- 6 Apply what you learn

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Sample of other daily challenges (See how it has been enhanced along the way)



Samples of the 5Cs

Sample of the Slides of Class 2A Daily FT period:

<p>Let's Check-in Feel of the Day</p> <p>Facilitator: _____</p>	<p>Let's Conquer Star of the Day</p> <p>Facilitator: _____</p>
<p>Let's Converse Conversation of the Day</p> <p>Facilitators: _____</p> <p>GREAT GRATEFUL GOING</p> <p><small>15 June 2020 Class 2A (Maha, Cyria, Jafid)</small></p>	<p>Let's Connect News of the Day</p> <p>Facilitators: _____</p>
<p>Let's Commit Challenge of the Day</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="581 1495 737 1705"> <p>A BEAUTIFUL DAY A WONDERFUL ME!</p> </div> <div data-bbox="789 1495 987 1705"> <p>I CAN AND I WILL Positive Thoughts</p> <p>OUR WORDS SHARPEN EDIFY ELEVATE ENCOURAGE Positive Words</p> <p>we rise by lifting others Positive Actions</p> </div> <div data-bbox="1052 1495 1208 1705"> <p>MY BOUNTIFUL HOME</p> <p>What's on your fridge? Look above the stove and</p> </div> </div>	