

Department of Education

REGION III – CENTRAL LUZON SCHOOL DIVISION OF SAN JOSE DEL MONTE CITY KAYPIAN ELEMENTARY SCHOOL BARANGAY KAYPIAN, SAN JOSE DEL MONTE CITY

August 22, 2023

SCHOOL MEMORANDUM No. 049 s. 2023

To:

Guidance Coordinator Master Teachers Grade Leaders Advisers

PSYCHOSOCIAL SUPPORT ACTIVITIES OF KAYPIAN ELEMENTARY SCHOOL FOR THE SY 2023 - 2024

- 1. This office announces the implementation of Psychosocial support activities of Kaypian Elementary School for the SY 2023 2024 on the first week of opening of classes.
- 2. The activity aims to support the learners to be more resilient in facing challenges.
- 3. Attached is the matrix of activities as enclosure number one of this school memorandum.
- 4. For information and guidance.

DIANALYN A. PALAGANAS PhD Principal III



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Kaypian Elementary School

School ID: 107157

Kaypian Road Barangay Kaypian, San Jose del Monte City 3023







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Enclosure number 1 of the School Memorandum No. 049 s. 2023

PSYCHOSOCIAL SUPPORT ACTIVITIES School Year 2023-2024

LEVEL	TITLE OF ACTIVITIES	ACTIVITY DESCRIPTION	KEY MESSAGE
KEY STAGE 1:	Safe Animals	Through this activity, learners will be able to express what	The most important thing to know to feel safe is that
Kinder – Grade		makes them feel safe. Because children naturally use symbols	you need to run to safety in case of physical and find
3		to reflect their inner lives, the use of an animal that may reflect	an adult.
		their experience is used in this exercise.	
	How Are You Today	In this activity will allow learners to explore their feelings in a playful and interactive way.	It is normal and okay to feel different feelings. What is most important is that you don't hurt yourself or anyone or destroy anything.
1	Let's Use Our Voice	This is a listening and vocal activity that teaches regulation.	Voice modulation is also a way of regulating our energy. Notice your voice and the tension you feel in your body based on how loudly or softy you speak.
	Storytelling	This activity will allow learners to discover their senses of agency by individually and collaboratively finding creative solutions to a problem using visual art or dramatization.	We all have the capacity to find creative solutions to things in your life. It is very helpful when we have

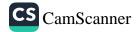


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			friends, classmates and family we can count on to help us find solution.
	Color Line Tracing	Through this coloring activity, young learners will be able to explore leading and following.	No matter which way the crayons went, we all produced beautiful art in the end. Because each one had the confidence to try being a leader- and trusted their partners- you were able to work together.
	Comfort From Home	Learners will tell stories about their experience at home during the pandemic, to encourage language development, self-expression through externalization of bottled-up feelings, and self-compassion.	We have the ability to cope and there are different ways of coping during difficult times. People can bring us comfort, but sometimes we can also find comfort in small things and most of all in each other as we share our stories.
KEY STAGE 2: GRADE 4 – Grade 6	Feelings Circle	Learners are invited to reflect on how feelings can exist simultaneously and deepen their self-awareness.	It is important to identify your feelings to deal with them. You may feel a lot of different feelings at the same time and that is okay, they are valid.
	Body Mirror	In this activity, learners will experience stress release and practice self-regulation through an interactive activity that involves movement and imagination.	Our energy and how we regulate our bodies affect others. Our stress Can become their stress. It is important for us to pay attention to how our bodies feel. When we pay

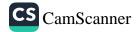


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		attention to ourselves and our bodies, we can be present to others in an honest and supportive way.
Camera	This activity will allow learners to practice problem-solving and reflect on their own abilities, as well as the resources and support available to them as they face challenges.	Everyone has the capability to find creative solutions to challenging situations.
Confidence Drawings	In this activity, learners will revisit experiences where they were proud of themselves and identify their strengths from those experiences.	You are enough just the way you are.
Tree Of Life	Through this activity, learners will reflect on themselves- their traits, abilities and strengths, present lives, and hopes for the future.	The Tree of Life represents your strengths, hopes, and dreams and the things that people have given you to support.



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