



Republic of the Philippines
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

MATATAG

Bansang Makabata  Batang Makabansa

SECUREd KaypESians
Strengthening and Ensuring
Commitment of the Unified and
Resilient Stakeholders in Achieving Quality Education



Kaypian Elementary School
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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: Kinder – Grade 3	Safe Animals	Through this activity, learners will be able to express what makes them feel safe. Because children naturally use symbols to reflect their inner lives, the use of an animal that may reflect their experience is used in this exercise.	The most important thing to know to feel safe is that you need to run to safety in case of physical and find an adult.
	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.
	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 softly 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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	<p>Color Line Tracing</p> <p>Comfort From Home</p>	<p>Through this coloring activity, young learners will be able to explore leading and following.</p> <p>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.</p>	<p>friends, classmates and family we can count on to help us find solution.</p> <p>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.</p> <p>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.</p>
<p>KEY STAGE 2: GRADE 4 – Grade 6</p>	<p>Feelings Circle</p> <p>Body Mirror</p>	<p>Learners are invited to reflect on how feelings can exist simultaneously and deepen their self-awareness.</p> <p>In this activity, learners will experience stress release and practice self-regulation through an interactive activity that involves movement and imagination.</p>	<p>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.</p> <p>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</p>



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



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