

Examples for reapplying learning in subjects and educational activities

Elementary

- Stories presenting the different realities of young people or stories from other eras:
 - Ask students questions about the characters (behaviours, emotions, reactions).
 - Discuss possible solutions to the different problems and issues.
- Role playing:
 - Put themselves in the other person's shoes and develop empathy.
 - Practise prosocial behaviours and explore social skills.
- Simulation game to put the strategies learned into practice
- Inventing of games related to the content
- Improvisation:
 - Use themes related to the personal and social competencies.
- Invented scenarios and simulated situations:
 - Hold discussions to analyze the situation, identify prosocial or risky behaviours, and find solutions.
 - Explore possible emotions, attitudes and reactions.
 - Identify possible consequences for oneself, for others and for the environment.
- Class committee, cycle committee and/or school committee:
 - In small groups, have students identify a problem at school or in the classroom related to the personal and social competencies, then ask them to share their ideas for solutions with the class (empowerment, engagement and mobilization).
- Use of images and cards illustrating emotions and the expected behaviours
- Teamwork and collaboration:
 - Practise observation, listening, sharing, researching solutions to conflicts and communicating ("I" statements).
- Creation of visual charts with the group to remind them of strategies learned in relation to healthy lifestyle habits, communication, prosocial behaviours, conflict resolution and strategies to calm down
- Reading, writing and oral presentation activities:
 - Ask students to read a situation and then write their thoughts and ideas for solutions to resolve the situation.
 - Have someone read the suggested solutions.
 - Share situations and solutions as a group to discuss the subject.
 - Encourage students to keep a journal for writing about their passions and aspirations.

- Arts Education:
 - Have students explore and describe emotions, or manage negative and intense emotions through art.
 - Have students listen to musical pieces and talk about the emotions they evoke.
 - Have students produce a work of art depicting the emotions they felt.
- Sports:
 - Encourage students to develop team spirit, empathy, mutual assistance, listening, respect, communication and conflict resolution through sport.
- Songs and poems:
 - Invent content-related songs as a group.
 - Listen to songs and have students discuss or describe the emotions they evoke.
 - Have students write a poem that addresses self-esteem, values or aspirations.

Secondary and adult education

- Stories that present the different realities of young people to lead discussions
- Real-life stories to identify prosocial and risky behaviours
- Writing workshop and journaling to encourage personal growth and self-knowledge
 - Help students become familiar with their strengths, desires, interests, qualities, limitations, goals, values, opinions, aspirations, identity, etc.
 - Address healthy lifestyle habits, self-assertion, social engagement, positive and negative consequences of an action, etc.
 - Ask students to read a situation and then write their thoughts and ideas for solutions to resolve the situation.
 - Share situations and solutions as a group to discuss the subject.

- Improvisation:
 - Use themes related to the personal and social competencies.
- Multiple-choice quiz to start conversations related to the competency.
- Role playing:
 - Put themselves in the other person's shoes and develop empathy.
 - Practise prosocial behaviours and explore social skills.
- Science:
 - Make connections between cause and effect as a reminder of the importance of safety, and discuss risks and responsible decision-making, for example, during laboratory experiments.
- Use of novels:
 - Hold a discussion about the characters' behaviours, their emotions and the strategies they use.
- Creation of a segment for the student radio station, student newspaper, or school or centre website about personal and social competencies
- Debates:
 - Provide students with the opportunity to discuss.
 - Help students understand that opinions, situations and emotions may be different for each individual based on their experiences, beliefs and values.
- Discussions and exchanges in small or large groups about invented scenarios
- Class committee, cycle committee and/or school committee:
 - In small groups, have students identify a problem at school or in the classroom related to the personal and social competencies, then ask them to share their ideas for solutions with the class (empowerment, engagement and mobilization).

- Invent content-
- Listen to songs or describe the
- Have students v self-esteem, val

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