

Educator Workbook

CAPS-aligned

Grade R-3

Growing tomorrow's
leaders through
emotional intelligence

English Home
Language

Life Skills

Creative Arts

Feel the Freshness



Pick n Pay 
School Club

Section A

Introduction

Foreword

Background and Context

Acronyms

Section B

1. Foundation Phase

1.1 Grade R

1.2 Grade 1

1.3 Grade 2

1.4 Grade 3

Section C

Resource Section

Feel the Freshness



Section A

Introduction

Foreword

The Albany Bakeries Educator Workbook for Grades R-3 learners has been developed to include the following subjects: Life Skills, English Home Language and Creative Arts. The Learner Activities in the learner booklet are based on the new CAPS curriculum that was introduced in 2012 and are grade specific. The Educator Workbook will direct you with lesson plans based around the Learner Activities that you will find in the Albany Bakeries learner booklets.

These Learner Activities can be used in the classroom to supplement what you are already doing as part of the CAPS curriculum. The lesson plans in the Educator Workbook help you to implement each lesson successfully.

Social and emotional learning (SEL) is the method which children and adults attain and effectively apply knowledge, attitude and skills necessary to understand and manage emotions in children. This is to set positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. Promoting social and emotional development for learners involves teaching and modelling social and emotional skills, providing opportunities for learners to practice and hone those skills, and giving learners an opportunity to apply these skills in various situations. The most ubiquitous SEL approach involves training teachers to deliver clear lessons that teach social and emotional skills and then discovering opportunities for learners to reinforce their use throughout the day.

Here is a quick overview of the CAPS-aligned content that you will find in the educational pack:

Grade R

This lesson plan and activities are based on Self Awareness.

Self-awareness involves understanding one's own emotions, personal goals and values. This includes accurately assessing their strengths and limitations. High levels of self-awareness require the ability to recognise how thoughts, feelings and actions are interconnected. As learners begin to evaluate their actions and respond appropriately to different social situations, they will be able to apply a positive self-assessment related to their healthy food choices.

Grade 1

This lesson plan and activities focus on Relationship Skills.

Relationship skills help children establish and maintain healthy and rewarding relationships. These skills involve communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively and seeking help when it is needed. Learners develop confidence and the ability to self-manage, make good health and life choices and build healthy relationships.

Feel the Freshness



Grade 2

This lesson plan and activities focus on Self Awareness.

Children learn to understand their own emotions, personal goals and values. This includes accurately assessing their strengths and limitations. High levels of self-awareness require the ability to recognise how thoughts, feelings and actions are interconnected. By investigating the factors which contribute to both healthy and unhealthy lifestyles, learners can reflect on their own lifestyle and consider the steps they could take to improve their own health and wellbeing.

Grade 3

This lesson plan and activities focus on Social Awareness.

Social awareness involves the ability to understand, empathise and feel compassion for those with different backgrounds or cultures. One of the goals of social awareness is a better understanding of society and the knowledge of available alternatives. Learners should be aware of the different food cultures and the importance of eating a healthy and balanced diet.

Background and Context

Pick n Pay School Club is celebrating its 15th year of providing much-needed educational material, which now reaches 105,875 teachers and 2.26 million learners across South Africa. The Albany Bakeries learning programme is aligned to the CAPS curriculum, which adheres to the standards set by the Department of Education.

The material is designed to facilitate the learning process and culminates in the assessment of competency levels according to the standards set for each specific grade. The educator is supported by way of research and learning content that is presented clearly and is easy to implement in the classroom.

Acronyms:

CAPS: Curriculum and Assessment Policy Statement

GET: General Education and Training

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Section B Foundation Phase Grade 3

Educator Guide

Name of Learner Activities Learner Activity 1: Being grateful Learner Activity 2: Every-one fits together		Time: 2 Hours	
Grade 3		Subject English Home Language Term 1 Life Skills Term 1	
Curriculum Standards (CAPS): English Home Language Term 1 <ul style="list-style-type: none">Listening and speaking – connect language and art skills with activity Life Skills Term 1 <ul style="list-style-type: none">Feelings – connect language and art skills with activity			
Objectives			
The learners will be able to: <ul style="list-style-type: none">Discuss what appreciation means to them, identify where they see appreciation, when they feel appreciated and practice appreciating othersUnderstand, appreciate and respect similarities and differences; exhibit pride in their own unique selves; learn about different types of families; identify specific similarities and differences between their family and their classmates’ families			
Content		Skills	
Learner Activity 1: Being grateful Learners write sentences about what they are grateful for to someone		Learner Activity 1: Being grateful Listening and speaking; critical thinking.	
Learner Activity 2: Every-one fits together Learners make their own unique puzzle piece about themselves.		Learner Activity 2: Every-one fits together Listening and speaking; 2D Creative arts – exploring a variety of media.	
		Learner Activity 1: Being grateful Identify how to be grateful for even the small things in life.	
		Learner Activity 2: Every-one fits together Even though we are all different, we are unique in our own way and part of a family.	
Resources needed			
Learner Activity 1: Being grateful Access to the Internet to play the video: goo.gl/naTiUe and to show the learners the Albany Bakeries website: www.albany.co.za ; grateful quotes to laminate and show the class; Learner Activity in learner booklet; 2 x A4 paper to distribute to each learner in the class; coloured crayons/pencils (red, blue, yellow, green and gold); scissors; laminating machine; the South African Food Guide: goo.gl/TDchy9			
Learner Activity 2: Every-one fits together Access to the Internet to play the video: goo.gl/cu9k88 ; Learner Activity in learner booklet; coloured pencils, glue and glitter.			
Teacher preparation before starting			
Study the lesson plans prior to the lessons and ensure you have all the required resources for the lessons. Familiarise yourself with content for the two lessons before the lesson starts. Watch the YouTube videos mentioned in the ‘Resources needed’ section of this Educator Guide and decide which of them to incorporate into your lesson.			

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Section B Foundation Phase Grade 3

Teaching the Learner Activities

Learner Activity 1: Being grateful

Gratitude is a trait that can be taught to learners. Practicing gratitude increases learner's positive emotions and makes them feel happier in school and in life in general.

Introduce the lesson

- a) Introduce the lesson by playing the YouTube video about thankfulness: goo.gl/naTiUe
- b) Ask the questions when it has finished:
 - i. How did the video make you feel? What was the underlying message?
 - ii. Why did the one little tree not want to believe what the owl said?
 - Answer: He found it pointless and boring
 - iii. What happened when the other tree decided to follow Owl's advice?
 - Answer: He grew tall, lush and green
 - iv. What did the ungrateful tree eventually realise?
 - Answer: That the reason he didn't grow and blossom was because of the bad choices he made in life and that Owl was right – if we are always thankful for our life and what we have, then life will be good
- c) Ask learners what it means to be grateful. Start an A-B-C brainstorm about 'what I am grateful for'. Learners should choose something that begins with the first letter of each alphabet. For example: **A=Always** having Dad to play soccer with; **B=Big** healthy sandwiches my Mom makes; **C=Caring** friends.
- d) Now ask the learners to tell their friends what they are grateful for. Start each morning with a "Gratitude check in" to shift learners' minds to being positive while getting the school day off to a great start!

Complete the Learner Activity

- a) Let the learners complete the Learner Activity in their learner booklets and write a gratitude letter to someone who has touched their lives in a positive way and encourage them to hand deliver it.

Learner Activity 2: Every-one fits together

All educators should keep in mind how to create a caring classroom. As we live in an increasingly diverse world, more learners are being raised by single parents, by same-sex parents, in blended families and in families with mixed race, religion and ethnicity. Even though differences are common, learners may not automatically be comfortable with their own unique family structure. Young learners form ideas about themselves and other people early in life, so it is important to help them recognise and accept differences and see similarities beyond the surface. Learners will begin to appreciate, rather than fear, as they compare their family situation with others. If they start expressing their concerns about being different, reassure them that differences are fine. The exposure to families that may not be like their own, encourages tolerance and acceptance because they see that, even within their own classroom, everyone's family is unique!

Introduce the lesson

- a) Introduce the lesson by playing the video: goo.gl/cu9k88
- b) Ask learners what they understand about the video. The video message is that even though we may all be different in many ways (like cabbage and broccoli) we are still part of the same family!
- c) Lead a short discussion about the things each learner has in common with other learners in the class. Point out the things that are unique about each of them. Place learners in groups and encourage them to talk about what they think is unique about themselves and share these with the class.

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Section B Foundation Phase Grade 3

Educator Guide

- d) Discuss how families are different – some may have brothers and sisters, and some may not. Some may have a Mom and Dad, and some may have two Moms or two Dads. Whatever family the learner has, it does not mean that they are any different – we are all the same. This applies to the learners in the class. Some may have brown hair, and some may have red or blonde hair. Some may have blue eyes, and some may have brown eyes. Ultimately, because each learner is different, it does not mean there is something wrong with them, but that they are just unique.
- e) Ask the questions:
 - i. What would happen if everyone in the class was the same?
 - ii. What happens if all our families were the same?

Complete the Learner Activity

- a) Let the learners complete the Learner Activity in their learner booklets.
- b) Explain that each person should include their name and something about them and then decorate them as they wish.
- c) When the learners have finished, show the class how each learner's puzzle piece is different and has something special and unique about it that no other piece has, but they all come together to make something beautiful.
- d) Then, mount all the puzzle pieces onto a poster board and hang it in the classroom.

Extension Activity: My placemat

- a) Distribute a piece of paper to each learner. Ask them to draw and colour their favourite food items on the piece of paper. Ask a few learners to talk about their favourite food and ask the rest of the class if the food items each learner spoke about were healthy or unhealthy food choices.
- b) Discuss the South African Food Guide and the types of food items from each food group. Make note of the starchy food items that should be included with most meals. Ask learners why they should always make healthy choices (because they have a variety of vitamins and minerals that help us to grow, learn and play).
- c) If you have the resources, connect to the Albany Bakeries website and discuss the health benefits of Albany Superior Bread. Go through some healthy recipes and discuss with the class what healthy ideas they can come up with to make healthy sandwiches.
- d) Discuss the slogan and ask the learners what it means to them: "Feel the Love; Feel the Freshness." (Albany Bakeries cares for the health and wellbeing of their consumers and believes that good nutrition forms the foundation of prosperous families).
- e) Now ask the class to draw and colour-in healthy food choices from the South African Food Guide on the second piece of paper. Laminate the pictures and give them to the learners to take home and use as a placemat as a daily reminder.

Assessment

Refer to the Resource Section for the Assessment Rubric.

Teacher reflection

Is there anything you would do differently if you taught this unit again?

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Section B Foundation Phase Grade 3

I am grateful

Name:..... Date:.....

Being grateful makes you feel good.

1. Write down things you are grateful for and why. For example, I love it when my Mom makes me healthy sandwiches for school.
2. Colour-in the picture.



Thankful

Grateful

1
2
3
4
5
6
7
8
9
10

Love

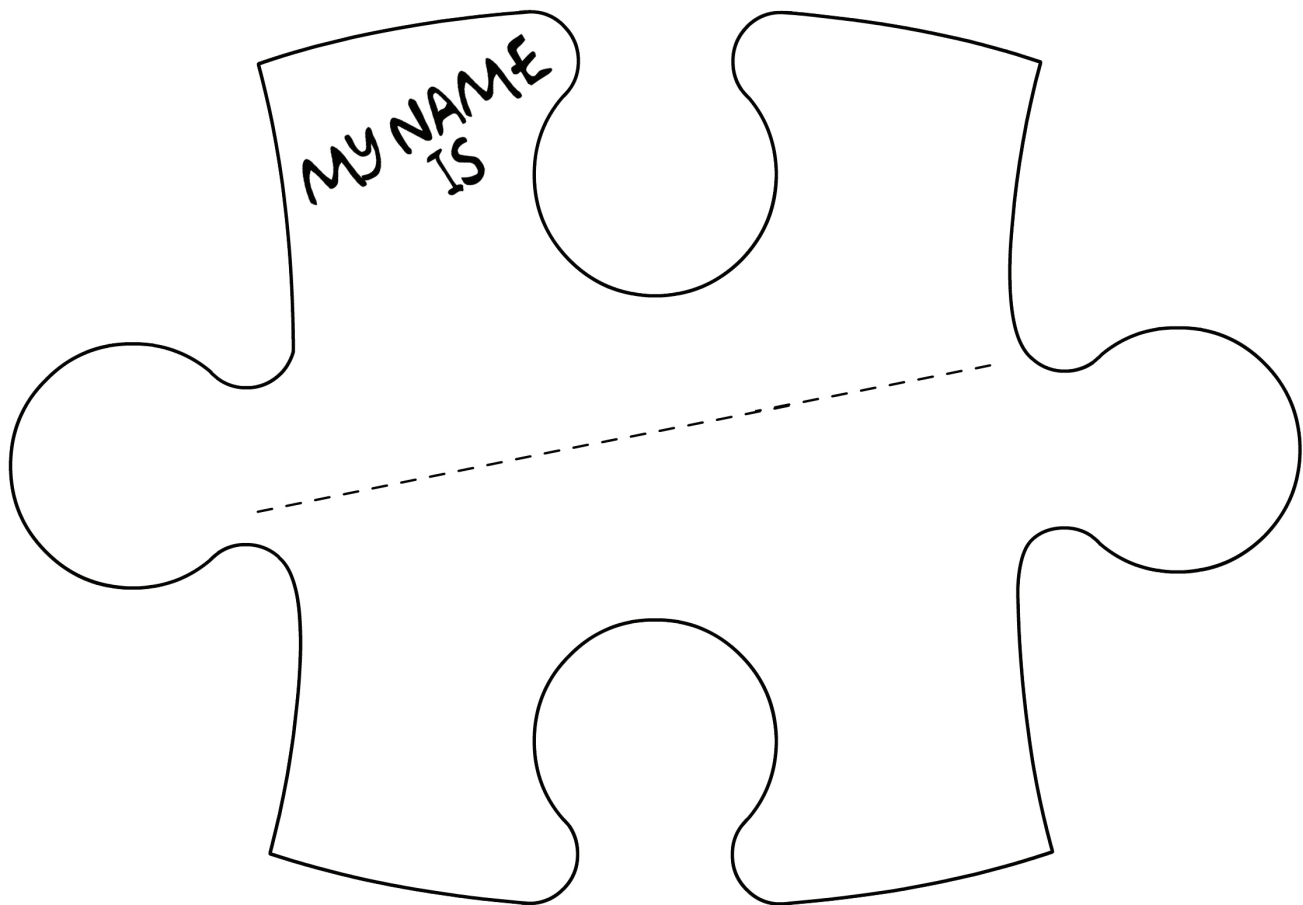
Feel the Freshness



Everyone fits together

Name:..... Date:.....

1. Look at the example puzzle piece and then decorate your own and write something positive about yourself.



Learner Activity 2

Feel the Freshness



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Section C
Resource Section

Assessment Rubric:

Assessment	
Rating code	Description of competence
7	Outstanding achievement
6	Meritorious achievement
5	Substantial achievement
4	Adequate achievement
3	Moderate achievement
2	Elementary achievement
1	Not achieved



Section C

Resource Section

Grade 3

Learner Activity 1: Being grateful



<https://za.pinterest.com/explore/grateful-heart/?lp=true>



<https://za.pinterest.com/pin/99290366763965309/>

Resource Section

Feel the Freshness



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