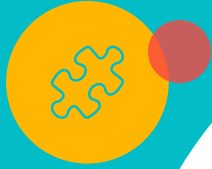


Why I Care
Learning
Framework



Our Philosophy





Our Philosophy

We believe that learning is about more than academics. Our program strives to help learners grow socially and emotionally. We equip students with the skills they need to reach their full potential.



What theories and philosophies is the framework based on?



Social Emotional Learning

Social emotional learning develops five key 'soft skills', self-awareness, self-management, healthy relationships, decision-making, social awareness

Humanism

Humanistic education aims to help people reach their full potential in life.

Holism

Holistic education develops social, physical, cognitive, emotional, aesthetic, and spiritual capabilities.



Social & Emotional Learning



Visit [CASEL](https://casel.org/) to learn more!





Humanistic Education

1. Promotes treating humans with respect and dignity
2. Teaches life skills in addition to academics
3. Sees feelings, safety, and motivations and as important to learning

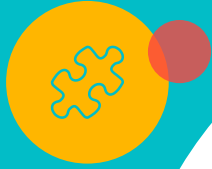
Click to [learn more!](#)



Holism

1. Develops social, emotional, physical, cognitive, aesthetic, and spiritual dimensions
2. Prepare students for life
3. Believes in balanced relationships between individuals, people and the environment



Our Approach





Our Approach

We take a content and language integrated approach to learning. This means that while English will be the medium of instruction, students will learn *through* English, not *about* English. Instead, students will learn the social-emotional learning skills they need to thrive while improving their English language skills.



Content and Language Integrated Learning

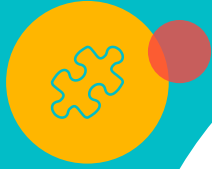


CLIL

1. Uses a foreign language to teach regular classroom subjects
2. English is used as the medium of instruction, linguistics are taught in English as a Foreign Language classes, not during CLIL lessons
3. Increases student engagement, motivation, and vocabulary



Learning Model



Develop habits
that support
health, safety,
and well-being



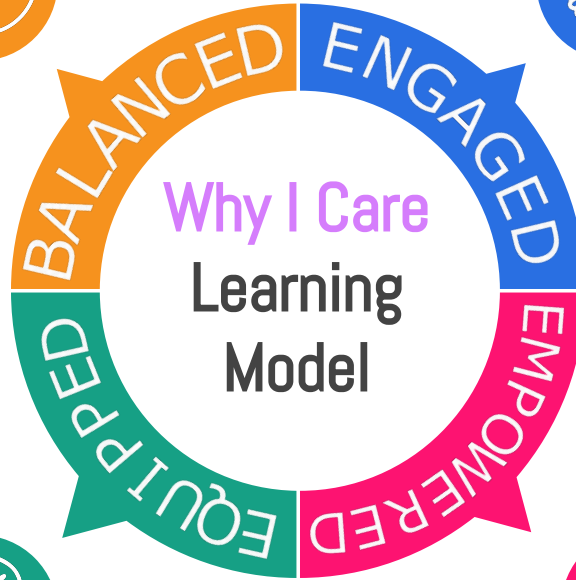
Build social
awareness and
meaningful
relationships



Solve problems
and make
responsible
decisions

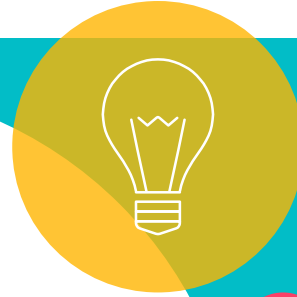
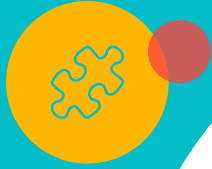


Improve
self-awareness
and self-
management



Why I Care Learning Model

Core Competencies





ENGAGED

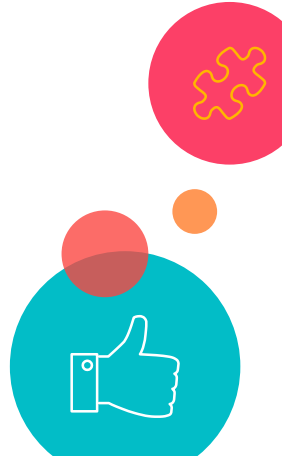
Build social awareness and meaningful relationships

Strengthen relationship skills

- Recognise others' emotions
- Display empathy and kindness
- Appreciate people's differences

Communicate effectively

- Listen actively
- Interact confidently and respectfully
- Resolve conflict





EMPOWERED

Enhance self-awareness and practise self-management

Identify and manage emotions

- Identify emotions
- Recognise how thoughts and actions affect emotions
- Self-regulate emotions

Practise goal setting and self-motivation

- Set, monitor and reflect on goals
- Show grit and perseverance

Take pride in own identity

- Acknowledge personal strengths and limitations
- Identify things, people, and places as important
- Feel proud of and connected to group identities





Equipped

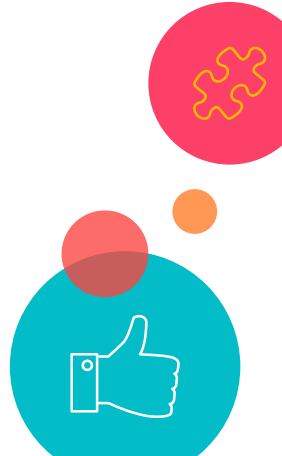
Solve problems and make responsible decisions

Identify and solve problems

- Identify problems
- Analyse and evaluate information
- Evaluate possibilities

Make ethical, responsible decisions

- Assess the potential consequences of actions
- Make ethical, responsible decisions
- Reflect on and adapt ways of thinking






Balanced

Develop habits that support health, safety, and well-being

Cope with stress

- Practise mindfulness
- Practise breathwork
- Explore forms of self-expression

Live a safe and healthy life

- Understand factors that support well-being
 - Mitigate health and safety risks
- 



Creative

Form aesthetic awareness and explore creative self-expression

Develop aesthetic awareness and appreciate beauty

- Experience and appreciate natural and artistic beauty
- Respond to creative works

Use creative forms of expression

- Express ideas, experiences, and emotions using a variety of artistic forms





Example Activities



ENGAGED

Build social awareness and meaningful relationships

- **Build social awareness**
- **Strengthen relationship skills**
- **Communicate effectively**

Primary 1-6

Watch a video of the the fable The Lion & The Mouse. Answer the questions below.

- Why did the mouse help the lion?
- What do you think the lion was thinking when he met the mouse?

Middle School 7-9


Write a thank you card for a friend or family member.

You should say:

- What they did
- How you feel about them
- Why you are grateful.

High School 10-12

Look at a picture of a boy trying to steal a girl's cell phone.

- What conflict do you see? What might happen next?
 - Has something similar ever happened to you?
 - How might the conflict be resolved?
- 



EMPOWERED

Enhance self-awareness and practise self-management

- **Identify and manage emotions**
- **Practise goal setting and self-motivation**
- **Take pride in own identity**

Primary 1-6

Draw 3 pictures showing a person, place, and thing that are important to you. Complete the sentence:

- These things are important to me because....

Middle School 7-9

Learn vocabulary to describe emotions and understand how emotions drive behaviour.

Draw a line to match the emotion to the behaviour.

High School 10-12

Interview a family member. Ask:

- What is the biggest goal you achieved?
- Did you ever think about giving up?
- How did you move past that thought?
- How did you feel when you achieved your goal?





Equipped

Solve problems and make responsible decisions

- **Identify and solve problems**
- **Make ethical, responsible decisions**

Primary 1-6

You have a new pet dog. Look and sort the things it needs and doesn't need.

Needs: Dog food, water, dog bed

Doesn't need: Chocolate, rope, cage


Middle School 7-9

Learn vocabulary to describe emotions and understand how emotions drive behaviour.

Draw a line to match the emotion to the behaviour.

High School 10-12

Interview a family member. Ask:

- What is the biggest goal you achieved? Did you ever think about giving up? How did you move past that thought?
 - How did you feel when you achieved your goal?
- 



Balanced

Develop habits that support health, safety, and well-being

- **Cope with stress**
- **Live a safe and healthy life**

Primary 1-6

See: Infinity symbol with one directional arrows and cues for when to breathe in/out.

Trace the shape with your finger. Breathe in and out. You can use this when you feel angry or scared.

Middle School 7-9

Read an infographic with statistics about youth motorbike accidents.

Design a cool motorbike helmet to encourage teenagers to wear a helmet.

High School 10-12

Read a chart comparing the cost and efficacy of different forms of contraception. Imagine your best friend started having sex.

Recommend a form of contraception. Explain why you think it is the most suitable choice.





Creative

Form aesthetic awareness and explore creative self-expression

- **Develop aesthetic awareness and appreciate beauty**
- **Use creative forms of expression**

Primary 1-6

Look outside your window. Describe and draw what you see that is beautiful.

Middle School 7-9

Create a 30 second dance video to teach people about how to wash their hands.

High School 10-12

Read and expand on the journal prompt below.

I really wish other people knew this about me...





We have an ability and responsibility to lead ethical lives of personal fulfillment that aspire to the greater good.

