

THEME 3: CARING FOR MYSELF AND OTHERS

CMECS

Lesson 1: Emotions, Habits and My Freedom

To alert students to moral dangers in life if no care and control over feelings, habits and basic human drives are exercised. To recognize the connections between moral maturity and human issues in society.

Moral maturity demands that care and control is exercised over our feelings, habits and drives.

To achieve some reflection on emotions and habits, students are helped to examine how they are managing themselves and whether they are taking care of themselves in the basic necessities.

They are also given stories to discover if they have small problems which they are ignoring which could become major obstacles in the future.

Awareness of how they are feeling and how they are managing their feelings is raised through discussions and reflections.

Lesson 2: Heart and Mind Together

In this lesson we try to achieve something quite difficult. That students recognize that the way they perceive themselves and their self-esteem affects the way they take care of themselves and how they react to others. The lesson helps them to see that having poor self-care or self-esteem makes it very difficult to care for anyone else in a proper manner.

Students are helped to recognize their negative and positive attitudes to people and situations and to try and make a small change in their attitude and perceptions in order to improve the level of self-care and therefore their care of others.