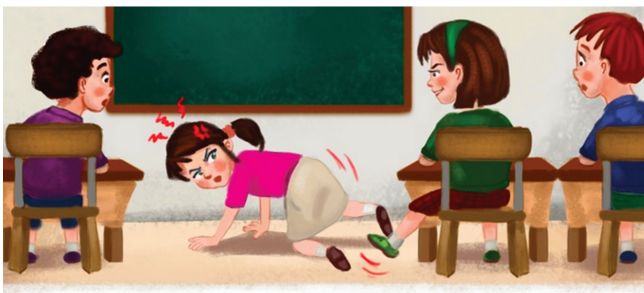


# MAGDELONIA'S LAST HOPE



## Skill: Self-discipline



A classmate purposely tripped you in class as you walk towards the board. You feel angry. You feel your face getting hot and red. Your heart is also beating very fast. You want to hit your classmate back.

Put the sentences into correct order and number them from 1-7.

- (a) Think about the consequences of hitting my classmate
- (b) Kick classmate
- (c) Walk away and stay away from the classmate
- (d) Think about what I can do
- (e) Count my breathing
- (f) Scream at classmate
- (g) Punch classmate
- (h) Calmly tell the classmate to stop
- (i) Talk to an adult that I trust
- (j) Stop



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## Type of Resource:

You can print this activity and hand it out for students to answer to teach them about the value of self-control and self-discipline. The actual courseware/source of this activity is an interactive adventure learning app that promotes the value of EQ and Social and Emotional Learning (SEL) for children aged 7-12 years

## How to use this Resource:

We highly suggest that you use this resource if you are a teacher who wants your students to have higher EQ and if you want them to develop their social and emotional learning (SEL). Open the discussion by asking them to cite instances in the past that made them feel really angry/frustrated or a situation where they lost their patience. Talk about the value of having self-control. You can then print this worksheet and ask the students to do this mini activity. After answering the question, ask the class to enumerate tips they might have on how they control their temper when they're feeling angry, frustrated or impatient.



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## Answer Key:

- |       |       |       |
|-------|-------|-------|
| (1) j | (4) d | (7) i |
| (2) e | (5) h |       |
| (3) a | (6) c |       |

## More Details about the Resource:

**EQ for Kids a.k.a. Magdelonia's Last Hope** is a two-in-one spellbinding adventure game and interactive learning app that promotes the value of EQ for children aged 7-12 years.

Developed by child psychologists and designed with age-appropriate pedagogy, children will have fun learning through captivating quizzes, games and animations that will develop their EQ & social and emotional learning (SEL) competencies.

The interactive games and bite-sized content bits are a delight for every child to engage in while the caregiver report feature is really helpful for providing support to teachers, counselors, social workers, and parents who are reaching out to children.

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