

ASE Programme Catalogue

AFTER-SCHOOL ENGAGEMENT



ADM
EDUCATION

LIMITED LIABILITY PARTNERSHIP



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Social-Emotional Engagement

DEEPEN EMOTIONAL AWARENESS AND INTERPERSONAL SKILLS IN A SAFE SPACE



ICEBREAKERS

Students will share a little bit about themselves in a low-pressure environment and give them a chance to reflect on their own emotions and desires, and help them build relationships with each other.

MUSICAL CHAIRS

Students write various social-emotional topics, then tape one prompt on a chair each round. When the music stops, they find chairs, engaging in discussions prompted by topics, fostering interpersonal connections before moving to the next round.

EMOTIONS JENGA

This is a SEL game to allow students to start talking about their emotions by writing different prompts on the different blocks, , from questions about bullying to how different situations make them feel.

BUDDY CHAT

Students pair up for guided indoor discussions, respectfully sharing experiences and perspectives, promoting connection in a safe and supportive environment.

Empathy Cultivation

UNDERSTAND PERSPECTIVES AND FOSTER CONNECTIONS



“WHO AM I?”

Students will tape a printout of a random emoji on each student’s back. Then, they race the clock in order to try to guess which emoji is stuck to their backs! They can ask other students yes or no questions to discover which emotion they are

EMPATHY IN ACTION

Students will watch a show, instructor pauses to discuss characters' feelings, asking students to empathize. Through this conversation, they consider others' emotions, discuss social cues, and foster empathy and understanding.

ROLEPLAY

Through role-playing, Students will explore diverse viewpoints and emotions, fostering empathy and improving communication skills as they gain a deeper understanding of others' experiences.

EMOTION COLLAGE

Students will create collages using images, colours, and words that represent their current emotions and thoughts. Afterwards, they will share and discuss their collages, exploring the complexity of emotions.

Perception Exploration

BUILD A DEEPER UNDERSTANDING OF OTHERS' AND ONE'S OWN INTERPRETATION



OPTICAL ILLUSIONS

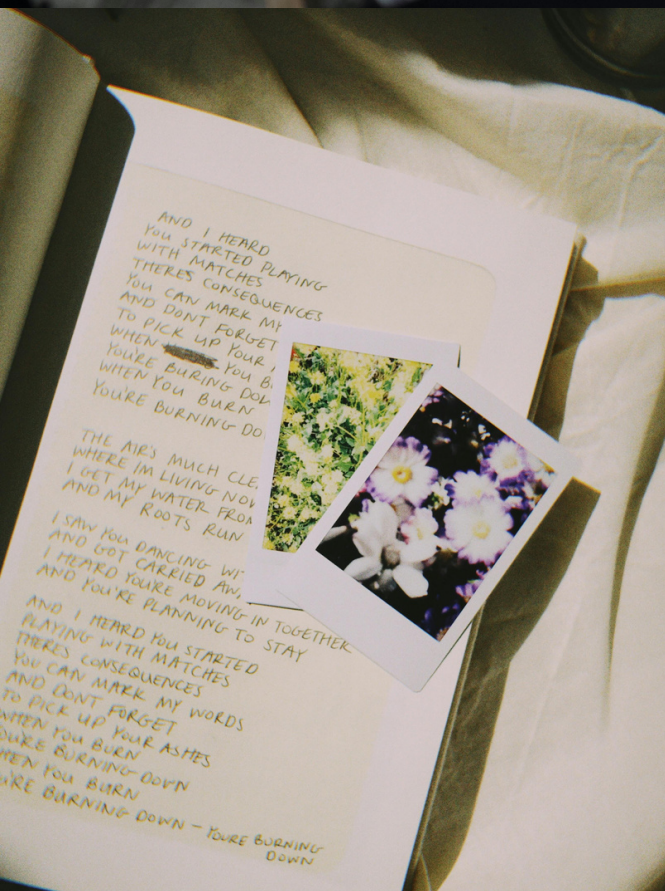
Students will receive optical illusion worksheets to review. They reflect on personal perceptions, realizing differing viewpoints. This parallels real-life situations, promoting empathy and understanding of diverse perspectives.

CHARADES

Students will explore body language and facial expressions. Each devises an activity, like making a sandwich, to act out. Peers guess the activity based on displayed emotions, fostering understanding of nonverbal cues.

JOURNAL WRITING

Students will be given 5 or 10 minutes to write what is on their mind. They will then share their thoughts afterward if they want. Alternatively we will provide open-ended prompts for the students to write about.



SONG INTERPRETATION

Students will dive into song lyrics, decoding meanings, and bonding through shared musical journeys, fostering understanding and connection as they explore the depths of music together.

Independence Building

DEVELOP SELF-RELIANCE AND CONNECTION
THROUGH EMPOWERMENT AND MOTIVATION



CREATE A GLITTER JAR

Visual stimulation, like swirling glitter in a jar, can soothe anxiety and anger. Students practice self-management by using a glitter jar to independently calm their strong emotions.

WRITE A LETTER FOR A LOVED ONE

With the guidance of prompts, this practice helps create a channel for communication with people who are always there before embarking on independence. It also helps open up endearment and affection with them.

MAKE A LIST OF TO-DO'S

Students will establish and maintain a daily schedule to cultivate structure, responsible decision-making, and self-management. Through reflection on past days and planning for the future, they make choices to effectively manage emotions.

MONEY MANAGEMENT

Students will discover how to make wise financial decisions, like budgeting and saving. Fun activities teach you to manage money responsibly and independently



Responsibility Training

NURTURE A RESPONSIBLE MINDSET TO NAVIGATE THE CHALLENGES OF REAL LIFE.



CREATE SMART GOALS

SMART goals are a way to help students have control over what they want to accomplish in life. Students will write SMART goals for an academic area that they need to improve or a social area that needs work.

EGG DROP

Students will build structures to protect eggs dropped from height. In teams, they'll collaborate and resolve conflicts. Afterward, they'll reflect on teamwork and problem-solving.

PRIORITY TIER LIST

Students will engage in thoughtful reflection and group discussion to carefully discern and prioritize different aspects of life, empowering them to make informed decisions about their priorities.

CAUSE AND EFFECT EXPLORATION

Through scenario analysis, students will explore the intricate relationship between actions and outcomes, thus honing their critical thinking skills and deepening their understanding of cause-and-effect dynamics.

