

# Character and Citizenship Education (CCE)



# CCE Goals

We aim to develop in our Rosythians

Good Character

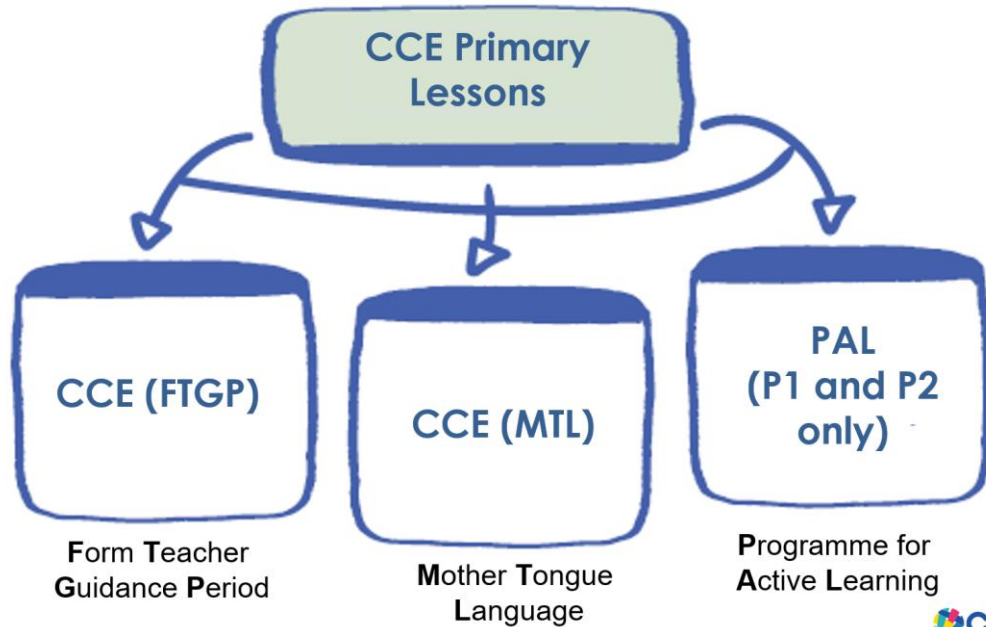


Resilience and  
Social Emotional Well-Being

Active Citizenship

Future Readiness

# CCE Lessons



# Nurturing Character and SEL Through Age-Appropriate Learning

At a young age, the acquisition of **social-emotional competencies** and the **motivation to learn** are critical in the development of every child.

**Social-emotional learning (SEL)** supports the development of skills to manage oneself, build healthy relationships and make responsible decisions.

## Social-Emotional Competencies

Self-Awareness

Self-Management

Responsible Decision-Making

Social Awareness

Relationship Management

# Growing Motivation To Learn

Research has shown that students who are **motivated to learn** tend to display –

- **greater enjoyment of school**
- **more positive coping**
- **heightened engagement**
- **better performance**
- **less dropping out**
- **higher quality learning**
- **greater psychological wellbeing**

(Ciani et al., 2011; La Guardia, 2009; Vansteenkiste et al., 2010)

# Developing Resilience through a Growth Mindset

'Growth Mindset' is a key aspect covered during the CCE lessons to develop resilience in our Rosythians.

## Our Approach

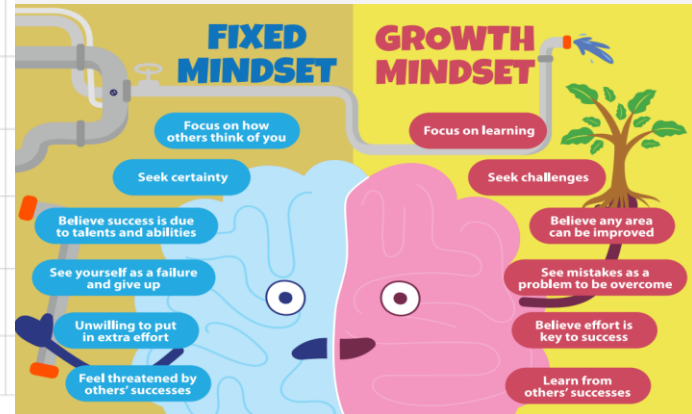
**Introduce It, Notice It, Model It, Practise It**

A belief that one's abilities can be developed through dedication and effort. It creates a desire to learn and therefore a tendency to embrace challenges; persist in the face of setbacks; see effort as the path to master; learn from criticism; and find lessons and inspiration in the success of others.

Dwek, 2006



**Introduce It**



# Developing Resilience through a Growth Mindset



Is self-motivated



Learns from failure and remains hopeful



Finds alternative solutions



Seeks help from others



Manages difficult situations calmly



Is open to new experiences



Notice It



# Growth Mindset Challenge: Partnering Our Parents



Model It



Practicse It

**ROSYTH GROWTH MINDSET CHALLENGE**

|  |  |   |   |   |
|--|--|---|---|---|
| Help a friend<br>Paste Reward Sticker                  | Do breathing or squeezing exercises to help myself relax<br>Paste Reward Sticker | Ask questions about things I don't understand<br>Paste Reward Sticker               | Practise using 'Yes' in my statements<br>Paste Reward Sticker | Pick up a new sports, hobby or skill<br>Paste Reward Sticker                    |
| Paste Reward Sticker                                   | Help with a household chore<br>Paste Reward Sticker                              | Paste Reward Sticker  | Take a break when I feel frustrated<br>Paste Reward Sticker   | Recite the Growth Mindset pledge<br>Paste Reward Sticker                        |
| Try out a challenging activity<br>Paste Reward Sticker | Help a family member<br>Paste Reward Sticker                                     | Try a different way of solving when I am stuck at a problem<br>Paste Reward Sticker | Paste Reward Sticker  | Ask for help on a problem that I cannot solve on my own<br>Paste Reward Sticker |

NAME: \_\_\_\_\_ Class: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_  
(My child has completed all 15 challenges)

To reinforce Growth Mindset learning, your child will take on 15 challenges in Primary 1.

**When? Term 3 (Semester 2)**

We seek your partnership in guiding your child through the challenges and helping them apply their learning through observable Growth Mindset behaviours.



# CCE Lessons: Partnering Families in Character Education

Explicit content and Family Time Activities in CCE Lessons focus on the teaching and learning of skills to **strengthen relationships** which build the students' positive perspectives of the value of families.

Theme 1: My New World  
Lesson 4 I'm More Responsible Now!



I will contribute to the well-being of my family by being responsible for my actions and doing some things on my own.

## Understanding My Feelings 4

Family Time

**Family Chat Time!**  
Share what you have learnt in this lesson on 'Understanding My Feelings' with your parents/guardians. Show them the tips below.

My child did a good job!

Parent's / Guardian's signature

## A Note to Parents/Guardians:

### Tips for Building Your Child's/Ward's EMOTIONAL STRENGTHS

- 1 Take time to actively notice and name your child's/ward's emotions together.
- 2 Connect with your child/ward on an emotional level.  
*Eg. Make talking about their feelings a natural part of conversations.*
- 3 Embrace all of your child's/ward's emotions (avoid being dismissive or disapproving).
- 4 Discuss how your child/ward can manage his/her negative emotions.  
*Eg. Practise the breathing or squeezing exercise.*
- 5 Role model how you manage your emotions appropriately.  
*Eg. Calmly admit that you are upset and take a 10-minute time-out.*
- 6 Encourage your child/ward to persevere through challenges even though there may be uncomfortable feelings.
- 7 Guide your child/ward to accept situations that he/she cannot change.
- 8 Have your child/ward share three things that he/she feels thankful about each day.



# What is Family Education?

Research shows that Family Education



**Aims to strengthen  
family life**



**Helps to enrich and improve the  
quality of life**



**Enables students to develop  
into healthy young adults, work  
together in close relationships,  
and bring out the best in others.**

# Developing Active Citizenship

## Values In Action (VIA)

Daily routines to build responsibility, appreciation activities and VIA projects to build care and empathy



## National Education (NE)

Daily singing of the National Anthem and Pledge-taking, alongside celebrations and appreciation programmes, to build rootedness in Singapore.





# Character and Citizenship Education

**Let's prepare our children for the  
test of life and not a life of tests.**



# Thank You

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