Brief overview

Together with their Form Teachers, Class 2A started to co-conceptualize and used the 5Cs approach for her daily live FT period during the FHBL (April to May). This 5Cs innovative approach are based on, and adapted from the principles and theories of Knowledge Building, Positive Education and NE (4 Key Citizenship Dispositions). Enjoying the numerous benefits of this approach, it has now since extended to FT face-to-face classroom period on a daily basis.

Anecdotal Evidence (from a student)

“I like our 5Cs approach, especially the Let’s Check-in part where everyone is able to show their mood through the emoji calendar. It is nice to know how our classmates feel. I like how our feelings are acknowledged. I feel that it is important to know each other feelings first so that we can better learn and work together as a class community. I also like the Let’s Converse and Let’s Connect part. It allows us to bond closer together and realize there are many positive news around the world. It just depends on how we look or re-look at the news. If I have a chance to improve the 5Cs further, I will like to include achievement of the day in Let’s Conquer part. Example how I achieve my goals yesterday. This will spread positivity even more…” By Vice-Chairperson of Class 2A (June 2020)

General Overview of the Pedagogical approaches

Knowledge Building (KB)


>> More details can be obtained from https://kbsingapore.org

Positive Education (PE)


>> More details can be obtained from https://positivepsychology.com/what-is-positive-psychology-definition/

NE (4 Key Citizenship Dispositions)

>> Sense of Belonging, Sense of Reality, Sense of Hope and Will to Act

Details of the 5Cs Approach [General]

Note: 1. On a daily basis, different students will conceptualize and lead the different aspects of the 5Cs. 2. On a bi-weekly basis, the Class Committee comes together to generate ideas to further enhance on this 5Cs approach. 3. The current 5Cs approach is updated as of June 2020.

(i) Let’s Check-in [Feel of the Day]

General Process: Each student designed his or her personal Emoji calendar. At the start of the day, students will flip to the emoji that best describes their day (there are 26 different emojis in their calendar) and reflect on how they can turn their negative emotions to positive ones (self-regulate) or how they can help their peers who are feeling down (community).

<table>
<thead>
<tr>
<th>KB Principle(s)</th>
<th>Positive Education</th>
<th>NE Key Dispositions</th>
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<tbody>
<tr>
<td>Epistemic Agency</td>
<td>Positive Emotion</td>
<td>Sense of Reality</td>
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<tr>
<td>Collective Responsibility</td>
<td>Positive Efficacy</td>
<td>Sense of Belonging</td>
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<td>Will to Act</td>
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Sample of the Emoji Calendars (See how it has been enhanced along the way)

(ii) Let’s Conquer [Star of the Day]

General Process: 1-2 students are given the platform to do a “1 Minute of Fame” showcasing their interests, skills and/or hobbies. In the process, others can learn and be inspired from them. For example, this includes baking, singing, coding, games strategies. There are examples where students build on the earlier showcase by giving other techniques or aspects.

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<tr>
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<tbody>
<tr>
<td>Real Ideas</td>
<td>Positive Accomplishment</td>
<td>Sense of Belonging</td>
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<tr>
<td>Idea Diversity</td>
<td>Positive Acknowledgement</td>
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<td>Improvable Ideas</td>
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Let’s Converse [Conversation of the Day]

General Process: Students are split into groups of 4. They will be sharing on any 1 of the following 3Gs (with relation to their personal experiences) -- What’s Great? What are you grateful for? What gets you going? Presently, the class has generate and used 3 different framework/steps to deepen the conversation.

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<tr>
<td>Epistemic Agency</td>
<td>Positive Reflection</td>
<td>Sense of Belonging</td>
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<tr>
<td>Pervasive KB</td>
<td>Positive Relationship</td>
<td>Sense of Hope</td>
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Sample of how the conversation (See how it has been enhanced along the way)
(iv) Let’s Connect [News of the Day]

General Process: Students are on a rotational basis. Each day, there will be 2-4 presenters to provide the latest news/issues to the class. They will need to reframe the issues/news to ensure that it is positive-orientated. Following which, the class is invited to provide their opinions and ideas to the multi-disciplinary questions that the presenters had set (based on the news).

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<tr>
<td>Real Ideas, Authentic Problems</td>
<td>Positive Outlook</td>
<td>Sense of Reality</td>
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<tr>
<td>Democratizing Knowledge</td>
<td>Positive Originality</td>
<td>Sense of Hope</td>
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<td>Idea Diversity</td>
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<td>Will to Act</td>
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Sample of the News (See how it has enhanced along the way)

- Guess it. Picture – What’s the news?
- Score it. Sweet to invent your life

Hope this will motivate all of you to read more news!

- Singapore
- GLOBAL

Sign for the interested household, what will they resolve?
Global: Who resolve help from the protests?

Fun.

- Nintendo
- ENVIRONMENT

Fun game that lightens every people to play in the past.
Now: Something related to hospital when people can dose in Phase 1.

- SINGAPORE

Wage support will be extended to second circuit breaker month of May 10PM. Hon. Swee Kent

Positive

- relate back to us

Positive

Think of 2 ways that Singaporeans can do to welcome foreign workers who are working in Singapore

Think of 2 ways that Singaporeans can do to welcome foreign workers who are working in Singapore

- Environment

Coronavirus disrupts global fight to save endangered species

Positive

- relate back to us

Positively

Some zoos suggested the idea to feed their carnivores' animals with hens.

What’s your thoughts?
Let’s Commit [Challenge of the Day]

General Process: CCE representatives are to provide a daily challenge to the class. At individual level, the students strive to embrace, execute and encourage each other in pursuing the challenge and get ready to share their experiences the following day.

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<td></td>
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<td>Will to Act</td>
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Sample of Challenge issued for holidays (pamphlet created by class students)
Sample of other daily challenges (See how it has been enhanced along the way)

Being a role model starts by being a positive example. Let us be a Positive Example.

Samples of the 5Cs

Sample of the Slides of Class 2A Daily FT period: