

**VALMIERA SECONDARY SCHOOL NO2
LATVIA
20.01.2016.**

Project of Adaptation Week – II(Activities)

Description of the lesson "Values in my life. Respect. Responsibility"

The aims of the lesson:

- 1 to give students the opportunity to get acquainted with the cultural values of the society, especially to emphasize the values of the 21st century.
- 2 to provide an opportunity to explore their own values, and their reflection in everyday life.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • understanding of the concepts „desire” and „value” • the importance and interaction of individual and social values • analysis of situations among peers - social and pedagogical delicate situations and options to solve them • creation of a scale of personal values 	<ul style="list-style-type: none"> • Values games • Role plays • Discussions

Description of the lesson "Career building"

The aims of the lesson:

- 1 to arouse the interest in young people in career and to inform them about variety of occupations in the world and related education, as well as with opportunities of education.
- 2 to teach self-evaluation methods (to compare interests and abilities).
- 3 to help to make the reasonable decision about the future education and potential career.

<i>Content of the lesson</i>	<i>Methodology used</i>
<p>During the lesson the young people are given the opportunity</p> <ul style="list-style-type: none"> • to learn how to understand yourself and about self-realization; • to develop the skills needed for planning and management of career development, • to make a reasonable decision on the future education and potential career; • to discuss available opportunities of career and education, work and leisure both at home and abroad. 	<ul style="list-style-type: none"> • Group work • Values games • Role plays • The situation simulation and analysis • Minilection • Self- evaluation

Description of the lesson “Man in the forest”

The aims of the lesson:

- 1 to develop students' observation and research skills.
- 2 to promote understanding of unity and beauty of the nature.
- 3 to create awareness of the forest as a place of business, the ethical framework of work.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • forest as a place of economic activity of the people - logging, hunting, gathering mushrooms, picking berries and and their processing • career development; the professions connected with work in the forest; possibilities of acquisition of necessary knowledge at the levels of secondary and higher education • forest as place of acquisition of ethical and esthetic values by the person • forest as one of the main national treasures • the importance of a responsible attitude forming 	<ul style="list-style-type: none"> • Narration • Discussions • Demonstration

Description of the creative workshop "Forest as a source of inspiration"

The aims of the workshop:

- 1 to increase students' emotional and intellectual development.
- 2 to improve and develop students' creativity, their interest in the arts.
- 3 to create conditions for all students' involvement in artistic and creative activities, regardless of their previous experience.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • landscape research and its use in artwork • use of a silhouette, lines • nature as value of art • development of creative activity • skills to talk about their own work, to formulate its main idea, author's thoughts 	<ul style="list-style-type: none"> • Using crayons • Working with natural materials • Demonstrations

Description of the practical lesson „Research activities in the forest - biology"

The aims of the lesson:

- 1 to improve students' ability to think independently, to judge, to express their opinion, to critically evaluate the credibility of a number of similar issues.
- 2 to promote co-operation skills.
- 3 to promote a creative approach in problem situation solving.
- 4 to promote the protection and preservation of nature, the solution of ethical questions.

<i>Content of the lesson</i>	<i>Methodology used</i>

<ul style="list-style-type: none"> • Examination of plants - in different types of the forests, meadows, bogs • Possibilities of collecting herbal tea in Ligatne Natural Park • keeping of wild animals in partially natural conditions +/- 	<ul style="list-style-type: none"> • Demonstration • Research • Discussion • Creative work • Problem solving
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Description of the practical lesson “Research activities in the forest mathematics”

The aims of the lesson:

- 1 to promote understanding of mathematical methods by young people and to develop skills to use them in studying of the world and various practical trainings (outside).
- 2 to motivate students to see application of mathematics in everyday life situations.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • determination of distance between separate objects • determination of mass of a tree • recognition of various forms, calculation of volume and area • possibilities of use of trigonometrical functions • possibilities of use of combination theory 	<ul style="list-style-type: none"> • Practical work • Analysis • Review, systematization, organization and visualization of data obtained as a result of various experiments, researches and questionnaires; • Displaying information in the form of tables, graphs and various kinds of diagrams; receiving information from various kinds of diagrams.

Description of the practical lesson “Research activities in the forest geography and science”

The aims of the lesson:

- 1 to improve students' understanding of the diversity of nature and social processes in the world, the formation and development of geographical patterns.
- 2 to understand limited natural resources and the consequences of human activities.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • environmental research, the definition of human impact on the environment • types of rock, hardness of rocks and minerals • independent research of individual places of the Ligatne Nature Park, the definition of signs, the arguments 	<ul style="list-style-type: none"> • Analysis of the situation - erosion, etc. natural phenomenon, study of the impact of human / natural phenomena • practical work • demonstration • discussion

Description of the practical lesson “Research activities in the forest chemistry”

The aims of the lesson:

- 1 to improve students' understanding of the unity of nature, diversity of substances and their transformation and value of reasonable use.
- 2 to encourage students to take responsibility on conservation of natural resources.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> •Determination of water and air quality. •Research on pollution of environment •Isolation of pure substances from mixtures 	<ul style="list-style-type: none"> • Experiments • Research activity • Putting forward a hypothesis, argumentation

Description of theoretical lesson "Formation of cooperation skills"

The aims of the lesson:

- 1 to help students to understand the importance of positive interpersonal relationships
- 2 to know the basic principles of development of the interpersonal relations
- 3 to gain understanding about the impact of laws and norms on the relationship
- 4 to gain impression about the impact of mechanism of internal and external controls on human actions.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • the possibility of the formation of initiative, self-control, self-evaluation in adolescents • enterprising as the formation of students' business skills, intelligent, energetic, initiative, ability to take reasonable risks • the importance of the cooperation skills in the development of the personality of each student. 	<ul style="list-style-type: none"> • Group work • Pyramid discussion • Games for various skills

Plan of theoretical lesson "Masculinity in the modern sense"

The aims of the lesson:

- 1 to provide information on the activities of young people in extreme conditions.
- 2 to provide an opportunity to analyze the different situations in terms of personal safety and the safety of other people.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • psychological self-defense, • endurance, behavior in a crisis situation, • options of stress prevention • actions in the conditions of natural and technogenic disasters • maintenance of order at public events • first aid • observance of self-discipline 	<ul style="list-style-type: none"> • discussions • demonstrations • exercises • familiarization with the documents

Description of Practical lesson of team building

The aims of the lesson:

- 1 to improve the microclimate in the team.
- 2 to gain positive emotions and positive impulse for further work in the school.
- 3 to see and identify team strengths and weaknesses

- 4 to gain new experience and knowledge about their team's mutual cooperation, communication and other necessary skills for teamwork, and opportunities for young people to learn them.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none">• stress coping• opportunities for improvement of the interpersonal relations• mutual acquaintance of the team members in non-traditional atmosphere• research of effective working methods• improvement of communication efficiency	<ul style="list-style-type: none">• "chemical attack" - ability of team• to work well-coordinated and• to respect the leader of team• "the clover leaf" - skills of participants to rely on other members of team• "crossing bogs" – teamwork on strategy• "trek through hummocks" - the ability to agree and set tasks