



**GRADE: 8**  
**SUBJECT: Health and Family Life Education**  
**TOPIC: Transitioning to Grade 8**  
**DATE: October 20 – 23, 2020**

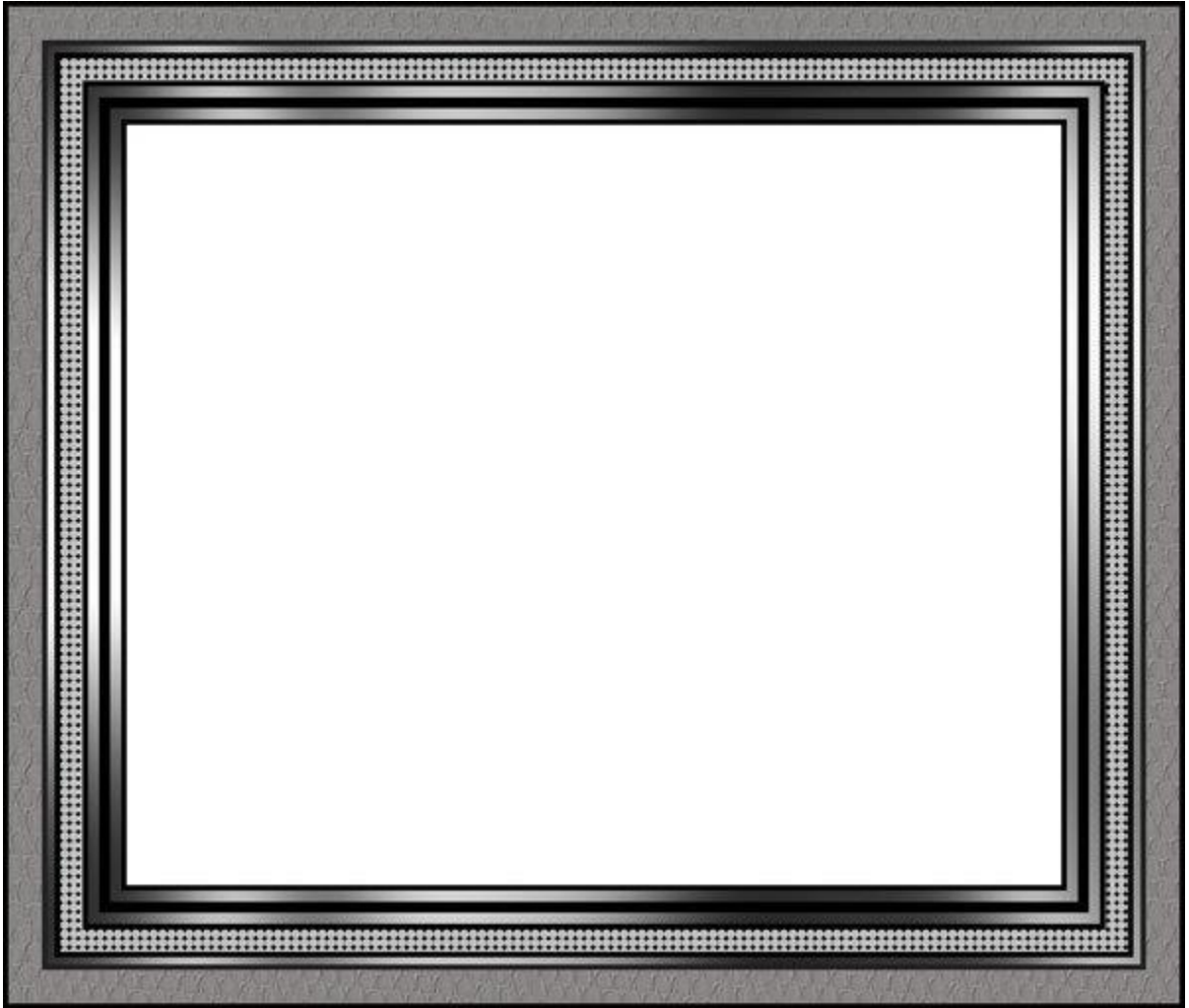
Welcome to Grade 8. By now you should realise that high school is no walk in the park. If you didn't get organized in grade 7, do so now. If you didn't get yourself together last year, this is basically your last 'easy' chance to do so. Bad habits are hard to break, so review what you've been doing and take corrective action now, especially if your exam results were not what you should have like them to be.

Build firm relationships with your fellow students and become integrated into your school community. Get involved in the Clubs and Societies such as the Business Club, ISCF, Cadet etc. Just choose what interest you and you're good to go. Remember that balance is key, a healthy mind and healthy body

Career –wise, grade 8 is the time to gather as much information as you can on the careers best suited to your personality. Make this a time of great exploration. Research can be done by:

- talking to people in the career field you have an interest in
- exploring the internet (<http://www.bis.gov/oco/>)
- going to the library

## GOD CREATED ME SPECIAL!!!!



I \_\_\_\_\_ possess human attributes which include knowledge, creativity and skills.

- I am smart.
- I am intelligent.
- God is only a prayer away.
- I must never settle for the crumbs of life.
- No one can make me feel inferior without my consent.
- It is acceptable to make mistakes because this is the way people learn.
- It is acceptable to ask for help; I cannot do all things on my own.
- It is acceptable not to learn everything now, the mind can hold only so much and no more at any given time.
- I need peace of mind, after all, am I not a special person created by my Heavenly Father?

Activity 1: Paste a recent picture of yourself in the picture frame above.

Activity 2: Turn in your work to your HFLE Google Classroom with your picture and things to remind yourself of. If possible print a copy of this activity and mount somewhere in your home to remind yourself daily.