

2036 PENANG SANGAM PRIMARY SCHOOL
YEAR 7
HEALTHY LIVING
WORKSHEET 4

| | |
|--------------------------|--|
| Strand | Building Healthy Relationship |
| Sub Strand | Resilience and Proactive Behaviour |
| Content Learning Outcome | Participates in group situations and models behaviour that reflects sensitivity to the needs, rights and feelings of others. |

Proactive Behaviour

1. We live in a world full of surprises. Every day, we meet new challenges, people, situations and even threats. Thus, it is important to possess a proactive behaviour in life.
2. A **proactive behaviour is acting in advance in a future situation** rather than just reacting.
3. Instead of waiting for something to happen, you can take control and make it happen.
4. Proactive behaviour can change what is about to happen. **Proactive behaviours are tools used to prevent or avoid problems from happening.**

Examples

1. Keeping kerosene and matches up on high shelves to avoid fire accidents.
2. Do not run on the corridors to avoid falling and getting hurt.

Scenario

You overheard that a group of boys are planning on bullying your friend during recess break.

What proactive behaviour you can make to stop the above scenario from happening?

- Inform the class teacher.
- Make your friend aware of the group's plans.
- Make the boys understand that whatever they are planning to do is wrong and they can be in trouble for it.
- Tell them the consequences of it.

Activity

1. What is proactive behaviour?
2. Read the scenario given below and answer the questions.

Your friend told you to help him break into a house in your community. He said that there were many good things that you two can steal from the house.

- i. What proactive behaviours will you take to prevent this from happening?
- ii. What are some serious consequences of helping/not helping your friend in his plans?

| Consequences of helping your friend | Consequences of not helping your friend |
|-------------------------------------|---|
| | |
| | |
| | |
| | |