

GRADE 8 | 2024

Life Orientation: Personal Development

Life Orientation

CAPS ALIGNED

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1. Self-Concept and Identity

Your self-concept is how you see yourself. It includes your values, beliefs, strengths, and weaknesses.

- Self-image: how you see yourself
- Self-esteem: how you value yourself
- Self-ideal: how you want to be

A positive self-concept helps you make good decisions, build healthy relationships, and cope with challenges.

2. Healthy Lifestyle Choices

- Regular physical activity: at least 60 minutes per day for teenagers
- Balanced diet: fruits, vegetables, protein, whole grains, dairy
- Adequate sleep: 8-10 hours per night for teenagers
- Avoid substances: alcohol, tobacco, and drugs harm the body and brain

3. Stress Management

Stress is a normal response to challenges. Too much stress can harm your health.

Healthy Coping Strategies

- Exercise and sport
- Talking to someone you trust
- Time management and planning
- Relaxation techniques: breathing, meditation
- Creative activities: art, music, writing

4. Goal Setting

FORMULA: SMART Goals:

S - Specific

M - Measurable

A - Achievable

R - Relevant

T - Time-bound

EXAMPLE: SMART goal

Vague: "I want to do better at school."

SMART: "I will improve my Mathematics mark from 55% to 65% by the end of term 2 by studying for 30 minutes each day."