

| Unit | Topic | Content | Activity Objective - Accepting | Activity Objective - Doing | Specific Resolutions | Comments |
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| Unit 1 | How am I? | The identification of basic feelings and emotions: confidence, sadness, joy, fear and anger. | To acquire tranquility vis à vis such feelings. | To be capable of commenting on feelings in different circumstances, especially in relation to other people. | | |
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| | | Behaviors in different situations and especially relating to the other people. | | | | |
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| Unit 2 | I Relate to My World | What is my world like? | To value oneself as a valuable person with unique characteristics. | To adequately relate with the surrounding world (nature, things, culture). | | |
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| | | The difference between a person, animals and plants. | | | | |
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| Unit 3 | My Little Sister is Born | The development of a baby prior to birth. | To value the wonder of human life while understanding that we have all developed in this beautiful way. | To develop specific attitudes of respect for life. | | |
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| | | The characteristics of a newborn baby until it reaches three months. | | | | |
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| Unit 4 | We are a Happy Family | The members included in the extended family group. | To value the cooperation and participation of all the members of the family. | To practice the virtues of cooperation and participation in school and neighborhood that are learned at home. | | |
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| | | The values that must be practiced within the family to achieve good relations and to be happy. | | | | |
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| | | Distribution of chores within the family, to achieve an organized group. | | | | |
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| | | Basic activities of communal life that are developed in the home, the school and the neighborhood. | | | | |
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| Unit 5 | I Stay Healthy | Types of foods, eating habits and hygienic practices that are necessary to achieve and maintain good health. | To value those preventive measures which lead to being healthy and safe. | To acquire the basic healthy habits for health regarding food and hygiene and for personal safety. | | |
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| | | Recommendations to avoid illnesses, abuse and accidents. | | | | |