

LIFE SKILLS PRIMARY WING GRADE 4		
DAYS	TOPIC	SUBTOPIC
1	Self-Awareness and Emotional Intelligence	Recognizing emotions
2	Self-Awareness and Emotional Intelligence	Self-regulation strategies.
3	Self-Awareness and Emotional Intelligence	Building self-confidence
4	Personal Hygiene and Healthy Living	Importance of personal hygiene: Bathing, handwashing, oral care
5	Personal Hygiene and Healthy Living	Understanding nutritious food
6	Personal Hygiene and Healthy Living	Benefits of physical activity and rest.
7	Ethics- Respect	Respect for teachers, classmates, and school property, Listen attentively when others are speaking, Avoid interrupting or talking over others, Use kind and respectful language
8	Communication Skills	Listening skills and asking questions
9	Communication Skills	Speaking clearly and politely, Using body language effectively
10	Social Skills and Teamwork	Sharing and cooperation.
11	Social Skills and Teamwork	Respecting others' opinions.
12	Social Skills and Teamwork	Building friendships and resolving conflicts.
13	Problem-Solving and Decision-Making	Identifying problems and brainstorming solutions.
14	Problem-Solving and Decision-Making	Learning from mistakes
15	Empathy and Kindness	Understanding others' feelings and Performing acts of kindness..
16	Empathy and Kindness	Helping peers and contributing to the community
17	Ethics- Responsibility	Take responsibility for one's learning and actions and help keep the classroom and school clean and organized
18	Time Management and Organization	To teach students how to prioritize tasks and manage their time effectively
19	Time Management and Organization	Setting daily goals and planning and Organizing schoolwork and personal belongings
20	Time Management and Organization	Avoiding procrastination
21	Safety Awareness	Basic road safety rules and Fire safety and emergency preparedness.

22	Safety Awareness	Safe interactions with strangers
23	Financial Literacy (Basic)	Understanding the value of money and Saving and spending wisely
24	Financial Literacy (Basic)	Needs vs. wants
25	Gratitude and Positive Thinking	Positive Self-Talk and Affirmation
26	Basic Etiquette and Manners	Classroom behavior and etiquette and Politeness in Communication

DE 3**LEARNING OBJECTIVE**

To help students understand their emotions, identify strengths and weaknesses, and develop self-control.

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To instill hygiene habits and promote a healthy lifestyle

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To help students to define what respect means in their own words, recognizing it as treating others and oneself with kindness, consideration, and valuing their differences.

To enhance verbal and non-verbal communication for effective interaction

To enhance verbal and non-verbal communication for effective interaction

To promote positive social interactions and collaborative skills

To promote positive social interactions and collaborative skills

To promote positive social interactions and collaborative skills

To develop critical thinking and logical reasoning

To develop critical thinking and logical reasoning

To nurture empathy, compassion, and a sense of community

To nurture empathy, compassion, and a sense of community

To make them understand responsibility means being reliable, doing what's expected, and taking accountability for their actions

To teach students how to prioritize tasks and manage their time effectively

To teach students how to prioritize tasks and manage their time effectively

To teach students how to prioritize tasks and manage their time effectively

To teach students to recognize risks and follow safety protocols

To teach students to recognize risks and follow safety protocols
To introduce students to money management concepts
To introduce students to money management concepts
To foster an attitude of gratitude and teach students to view challenges optimistically.
To instill polite behavior and good social manners.

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