



**LOTUS PETAL SENIOR SECONDARY SCHOOL**  
**GRADE -**  
**SUBJECT -**

Month	Chapter	Learning objectives	Teaching Methods	Learning Outcomes	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
April 18	Self-Discovery and Emotional Awareness:	<ul style="list-style-type: none"> <li>To help students identify their unique abilities, interests, and areas for growth</li> <li>To teach students to recognize emotions and respond appropriately</li> </ul>	<ul style="list-style-type: none"> <li>Power presentations</li> <li>Role Playing</li> <li>Worksheets</li> <li>Open Discussion</li> <li>Story Telling</li> </ul>	<ul style="list-style-type: none"> <li>will describe their strengths and set basic personal goals</li> <li>will practice emotional regulation strategies like mindfulness or journaling.</li> </ul>	<ul style="list-style-type: none"> <li>Journaling &amp; reflections</li> <li>Storytelling and personal narratives</li> <li>Goal setting : Vision board/ SMART goals</li> <li>Role Playing</li> <li>Emotion Mapping</li> <li>Gratitude Exercises</li> </ul>	NA
May 11	Building Independence and Resilience	<ul style="list-style-type: none"> <li>To provide tools to cope with academic and social stress.</li> <li>To teach students to work effectively in groups</li> </ul>	<ul style="list-style-type: none"> <li>Worksheets</li> <li>Open Group Discussions</li> <li>Interactive Quizzes</li> <li>Peer Mentoring &amp; Buddy System</li> <li>Role Playing</li> <li>Story Telling</li> </ul>	<ul style="list-style-type: none"> <li>Will be able to practice relaxation techniques like deep breathing and visualization</li> <li>Will demonstrate collaboration in group tasks or projects</li> </ul>	<ul style="list-style-type: none"> <li>Problem Solving Activities like Maze</li> <li>MIndfulness</li> <li>Community Engagement</li> </ul>	NA
July 16	Leadership Skills	<ul style="list-style-type: none"> <li>To encourage students to take initiative and guide peers effectively.</li> </ul>	<ul style="list-style-type: none"> <li>Experiential learning method</li> <li>Reflection &amp; Group discussion method</li> <li>Creative &amp; expressive methods</li> <li>Social &amp; community based methods</li> <li>Digital method</li> <li>Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>Will organize and lead a team activity or small project</li> </ul>	<ul style="list-style-type: none"> <li>Critical thinking activity &amp; problem solving activity</li> <li>Interactive Quizzes</li> <li>Educational Games</li> <li>Collabrative</li> </ul>	NA

					Group Work	
August 14	Healthy Friendships and Relationships	<ul style="list-style-type: none"> <li>To teach respect, empathy, and boundary-setting in friendships.</li> </ul>	<ul style="list-style-type: none"> <li>Experiential learning method</li> <li>Reflection &amp; Group discussion method</li> <li>Creative &amp; expressive methods</li> <li>Social &amp; community based methods</li> <li>Digital method</li> <li>Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>Will identify healthy vs. unhealthy relationships and practice conflict resolution.</li> </ul>	<ul style="list-style-type: none"> <li>Friendship Bingo</li> <li>Trust-Building Exercises</li> <li>Compliment Circles</li> <li>Active Listening Practice</li> <li>Positive Affirmation Activities</li> <li>Communication Skills Workshop</li> <li>Relationship Reflection Journals</li> <li>Group Reflection Discussions</li> <li>Friendship Scavenger Hunt</li> <li>Collaborative Art Project</li> <li>Team-building Games</li> </ul>	NA
September 8	Decision-Making and Problem-Solving	<ul style="list-style-type: none"> <li>To guide students in structured decision-making techniques.</li> </ul>	<ul style="list-style-type: none"> <li>Experiential learning method</li> <li>Reflection &amp; Group discussion method</li> <li>Creative &amp; expressive methods</li> <li>Social &amp; community based methods</li> <li>Digital method</li> <li>Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>Will apply problem-solving frameworks to real-life scenarios.</li> </ul>	<ul style="list-style-type: none"> <li>Role-Playing Decision-Making</li> <li>The 5 Whys Technique</li> <li>Mind Mapping for Problem Solving</li> <li>Debate and Discuss</li> <li></li> </ul>	NA
October 10	Mental Health Awareness	<ul style="list-style-type: none"> <li>Reduce stigma around mental health and promote self-care</li> </ul>	<ul style="list-style-type: none"> <li>Experiential learning method</li> <li>Reflection &amp; Group discussion method</li> <li>Creative &amp; expressive methods</li> <li>Social &amp; community based methods</li> </ul>	<ul style="list-style-type: none"> <li>Will identify mental health resources and coping strategies.</li> </ul>	<ul style="list-style-type: none"> <li>Campaign</li> <li>Mental Health Screening</li> <li>Mindfulness &amp; Meditation</li> <li>Story session</li> <li>Suicide Prevention Training</li> </ul>	NA

			<ul style="list-style-type: none"> <li>● Digital method</li> <li>● Gamification method</li> </ul>		<ul style="list-style-type: none"> <li>● Art Therapy Session</li> <li>● Mental Health Clubs</li> <li>● Peer support groups</li> </ul>	
November 12	Public Speaking and Presentation Skills	<ul style="list-style-type: none"> <li>● To boost confidence in speaking to audiences.</li> </ul>	<ul style="list-style-type: none"> <li>● Experiential learning method</li> <li>● Reflection &amp; Group discussion method</li> <li>● Creative &amp; expressive methods</li> <li>● Social &amp; community based methods</li> <li>● Digital method</li> <li>● Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>● Will prepare and deliver an effective presentation</li> </ul>	<ul style="list-style-type: none"> <li>● Impromptu Speaking</li> <li>● Storytelling</li> <li>● Tongue Twister</li> <li>● Group Discussions</li> </ul>	NA
December 13	Effective Communication	<ul style="list-style-type: none"> <li>● Build students' ability to express thoughts clearly and listen actively.</li> </ul>	<ul style="list-style-type: none"> <li>● Experiential learning method</li> <li>● Reflection &amp; Group discussion method</li> <li>● Creative &amp; expressive methods</li> <li>● Social &amp; community based methods</li> <li>● Digital method</li> <li>● Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>● Will use verbal and non-verbal communication to share ideas confidently.</li> </ul>	<ul style="list-style-type: none"> <li>● Public Speaking Challenge</li> <li>● Storytelling Circle</li> <li>● Debate and Argumentation</li> <li>● Role-Playing Conversations</li> <li>● Express Yourself Through Art</li> <li>● Persuasive Speech Exercise</li> <li>● Writing &amp; Presenting a Personal Narrative</li> <li>● Feedback and Constructive Criticism Workshop</li> </ul>	NA
January 6	Independent Thinking and Social Responsibility: Critical Thinking	<ul style="list-style-type: none"> <li>● To teach logical reasoning and analyzing perspective</li> </ul>	<ul style="list-style-type: none"> <li>● Experiential learning method</li> <li>● Reflection &amp; Group discussion method</li> <li>● Creative &amp; expressive methods</li> </ul>	<ul style="list-style-type: none"> <li>● Evaluate situations critically and express thoughtful opinions.</li> </ul>	<ul style="list-style-type: none"> <li>● Social Issue Case Study Analysis</li> <li>● Role-Playing Real-World Scenarios</li> <li>● Cause-and-Effect Mapping</li> </ul>	

			<ul style="list-style-type: none"> <li>• Social &amp; community based methods</li> <li>• Digital method</li> <li>• Gamification method</li> </ul>		<ul style="list-style-type: none"> <li>• Decision-Making Simulation</li> <li>• Creative Solutions Hackathon</li> <li>• Ethical Dilemma Debates</li> </ul>	
February 4	Community Service and Volunteerism	<ul style="list-style-type: none"> <li>• To develop a sense of civic responsibility.</li> </ul>	<ul style="list-style-type: none"> <li>• Experiential learning method</li> <li>• Reflection &amp; Group discussion method</li> <li>• Creative &amp; expressive methods</li> <li>• Social &amp; community based methods</li> <li>• Digital method</li> <li>• Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>• Students plan and execute a community service activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Community Health Awareness Camps</li> <li>• Library &amp; Book Donation Initiative</li> <li>• First Aid &amp; Emergency Response Training</li> <li>• Suicide Prevention</li> <li>• Mensuration &amp; Hygeine</li> </ul>	NA
March	Nutrition and Fitness	<ul style="list-style-type: none"> <li>• To educate about balanced diets and the importance of physical activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Experiential learning method</li> <li>• Reflection &amp; Group discussion method</li> <li>• Creative &amp; expressive methods</li> <li>• Social &amp; community based methods</li> <li>• Digital method</li> <li>• Gamification method</li> </ul>	<ul style="list-style-type: none"> <li>• Will make informed choices about food and understand the value of exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• Poster making &amp; Infographics</li> <li>• Community Health Awareness Campaigns</li> <li>• Debate on Health Topics</li> <li>• Health Quizzies</li> <li>• What's on my plate ? Activity</li> <li>• Healthy Eatinmg Bingo</li> <li>• Food labeling Reading Exercise</li> </ul>	NA